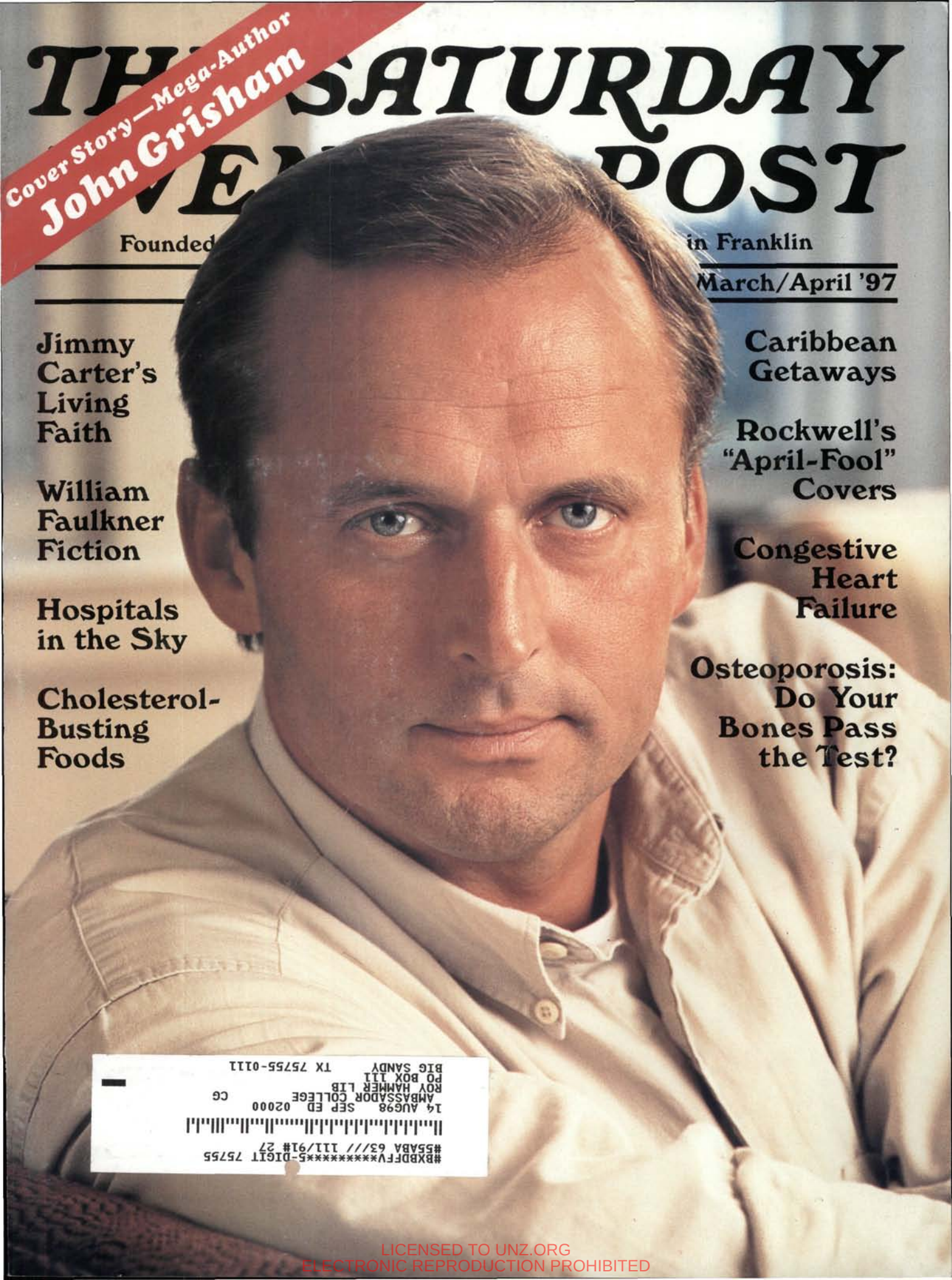

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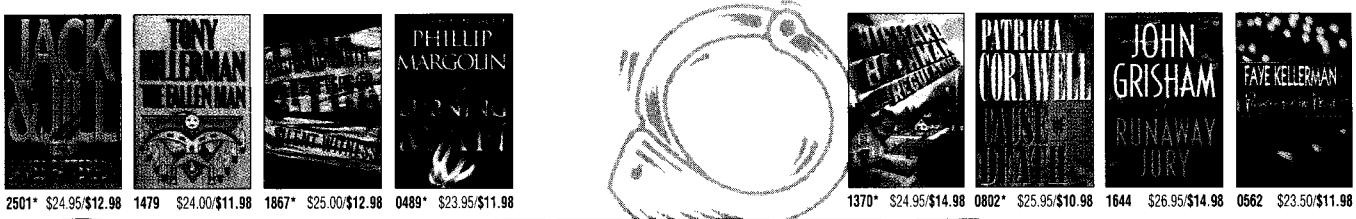

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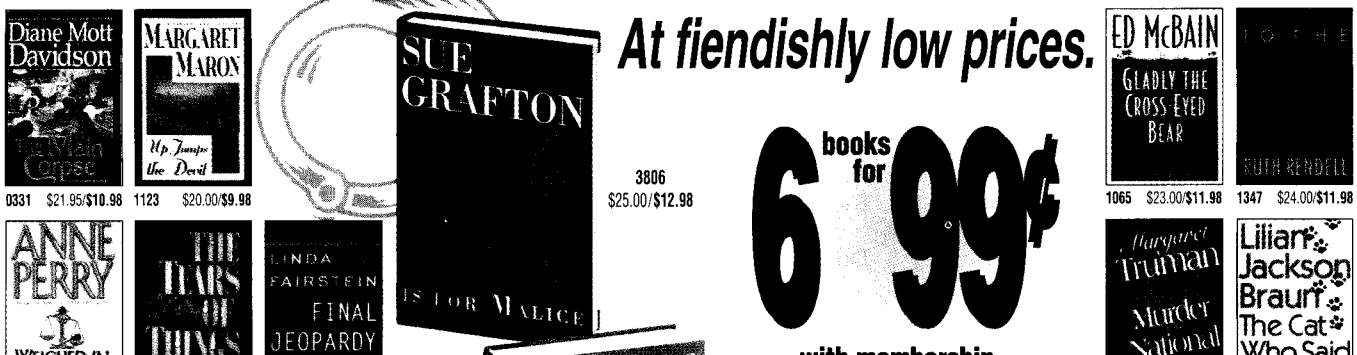

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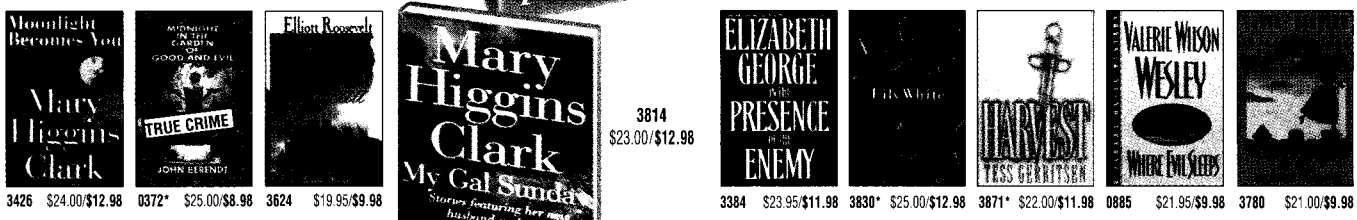

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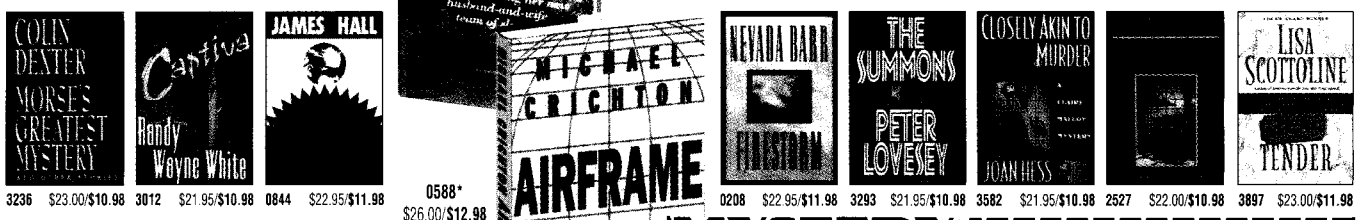

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Grisham's Law—The legal eagle's high-powered thrillers—from *A Time to Kill* to *The Runaway Jury*—top the best-seller lists and guarantee a box-office hit. 42

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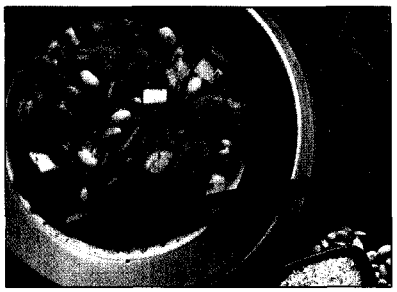

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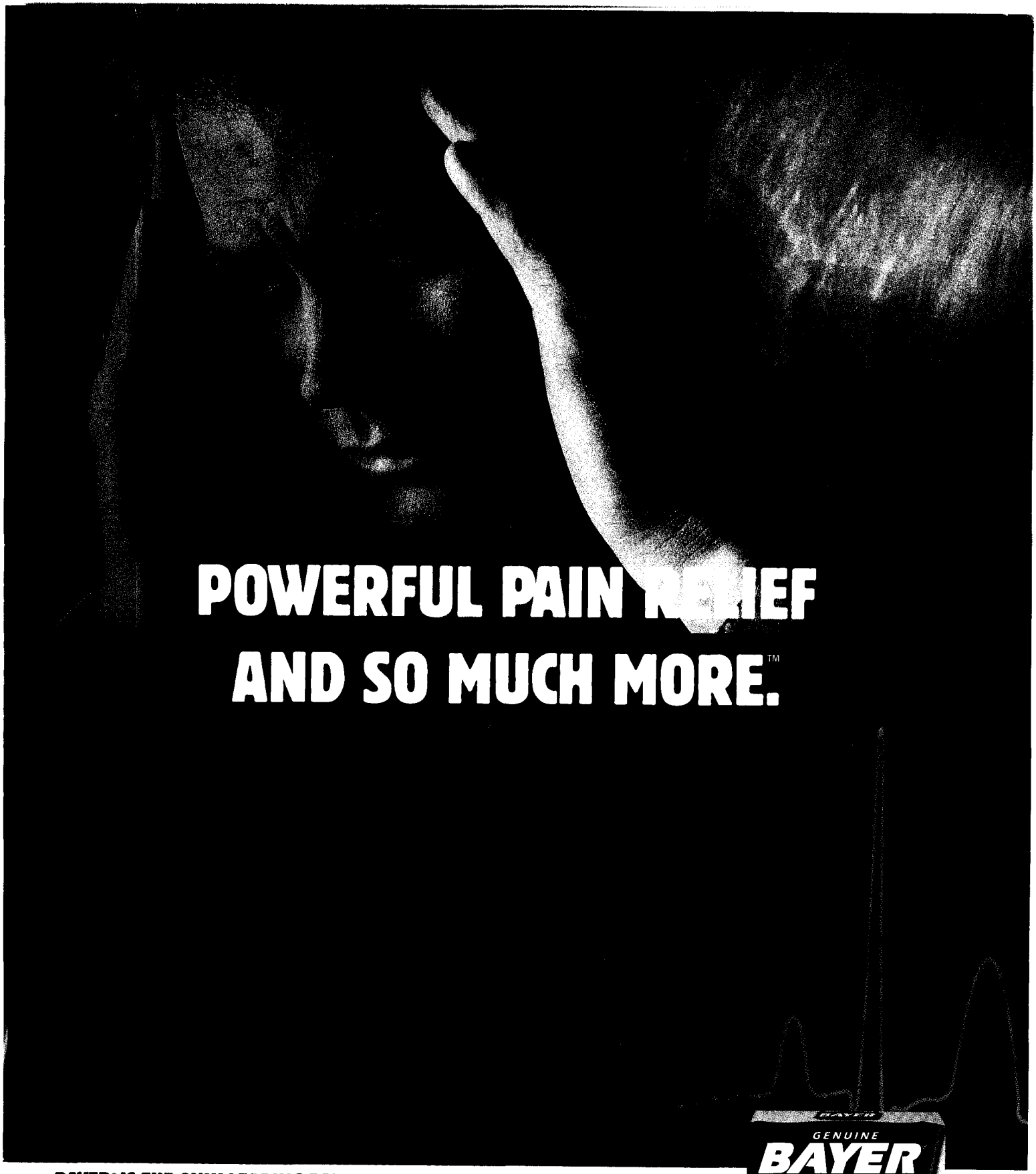

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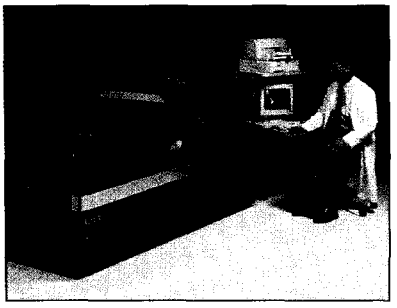

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Letters

Famous Earthworm Tractor Company

Douglas Campbell brought up the subject of William Hazlett Upson in the "Letters" section of the Nov./Dec. '96 issue.

Harry Merritt, a man who was a man and a half wide, a man and a half tall, and two men heavy was the branch manager for Holt Tractor in Kansas City. Holt had a tractor but no money. Best in California had money but a lousy tractor. The two merged to form Caterpillar in Peoria, Illinois. Merritt moved on to be general manager of the tractor division at Allis-Chalmers in Milwaukee.

When Merritt managed the Holt office in Kansas City, he had a young man working for him by the name of Upson. Upson was told to unload tractors from a flat car and bring them into the branch warehouse. On the way, a tractor got away from Upson and sheared a fire plug, causing geyser action. The young man disappeared, leaving hat, coat, dinner bucket, and paycheck.

He was not heard from again until his articles began to appear in *The Saturday Evening Post*. William Hazlett Upson was Alexander Botts, the demon tractor salesman for the Earthworm Tractor Company. The first episode had Alexander Botts, strangely enough, on a runaway tractor that sheared a fire plug.

Merritt was the first to place filters on tractors, the first to place rubber tires on tractors, the first to come up with a one-man combine that finished the harvest in the same time it took the grain binder to start the harvest. He bought the patents of Ummo Luebben, a blacksmith near Beatrice, Nebraska, for a baler that made round bales. Merritt retired before the baler went into production right after World War II ended.

W. M. Buescher
Pigeon Forge, Tennessee

Don't Scrimp on "Post Scripts"

Again I was distressed to see the slashing of the "Post Scripts" feature down to one lone page. I chafe at what I must have missed when the other page was cut.

"Post Scripts" is the heart of *The Saturday Evening Post*, and has been so for dozens of years. It's what people look for first before they dip

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I thank God for the hope Easter brings and for you, because you gave me the privilege of growing up in a home built on the foundation of His Word.

Easter is a special holiday, reflecting the beginning of spring and new life. It's a child's delight in glorious spring flowers, pretty new Easter frocks and bonnets, newly hatched chicks... and brightly colored greetings from Moms and Dads, Grandmas and Grandpas, and Friends.

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into the remainder of the offerings. Its poems, cartoons, and humorous tidbits are quoted regularly at dinner parties, clipped, and mailed to friends, tacked up on bulletin boards in thousands and thousands of offices. What would we do without it?

While I love the rest of the magazine, I'm addicted to "Post Scripts." It goes back to the days of Norman Rockwell, Irvin S. Cobb, Phyllis McGinley, Dorothy Parker, and Helen Hodgkins. With a whole bunch of new voices whose names could be just as golden in the future. Yet it's more than nostalgia. Its the stuff that keeps people laughing and happy in these days of tension and pressure.

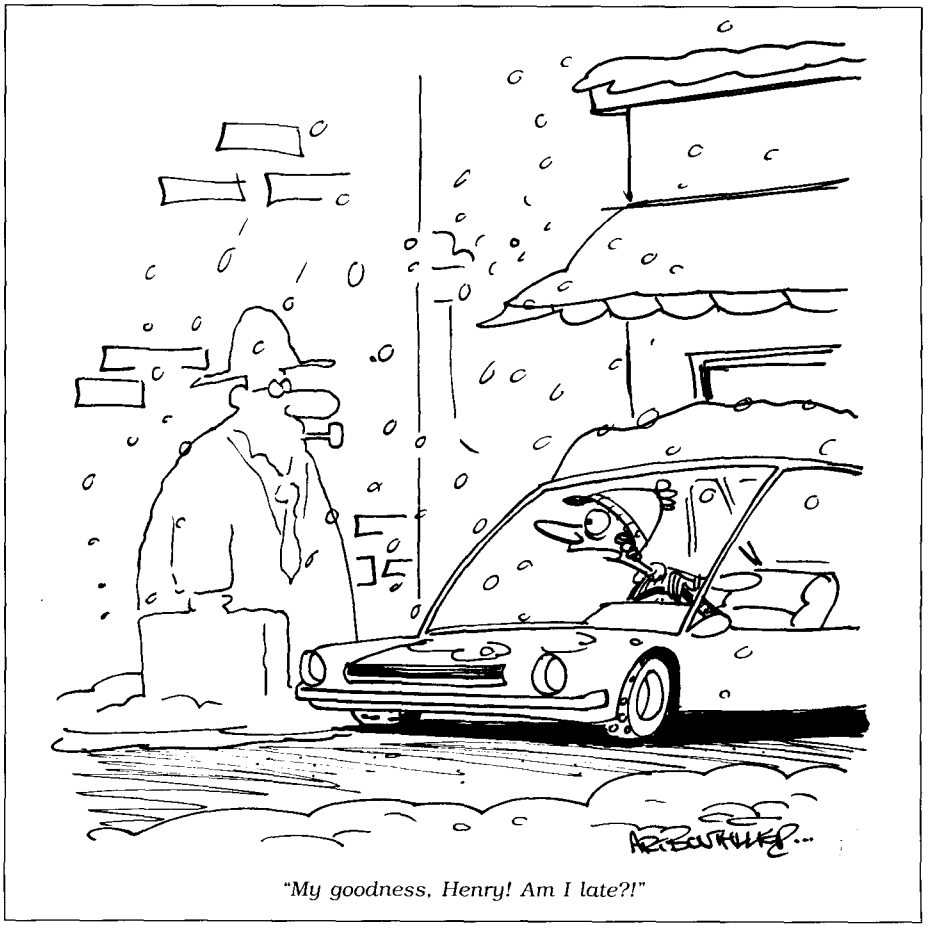
Please—I urge you, keep "Post Scripts" as it is. If you feel the need for change, then add to it—don't subtract.

Evelyn Amuedo Wade
Alexandria, Virginia

Thank You, Dr. Marshall!

Thanks to you and *The Saturday Evening Post,* I have been free of ulcer pain for over a year. I read about Dr. Barry Marshall's "two week ulcer cure" and took the prescription to my doctor and insisted that I get the precise prescription from him. After years

of suffering and taking all the drugs that didn't do anything but relieve the symptoms for a while, I was amazed at the feeling of content and the fact that I could just forget I had a stomach, instead of always babying it. I can now drink coffee, eat hot foods, and anything I used to do when young and carefree. You, Dr. Marshall, and *The Saturday Evening Post* deserve a medal!



"My goodness, Henry! Am I late?!"

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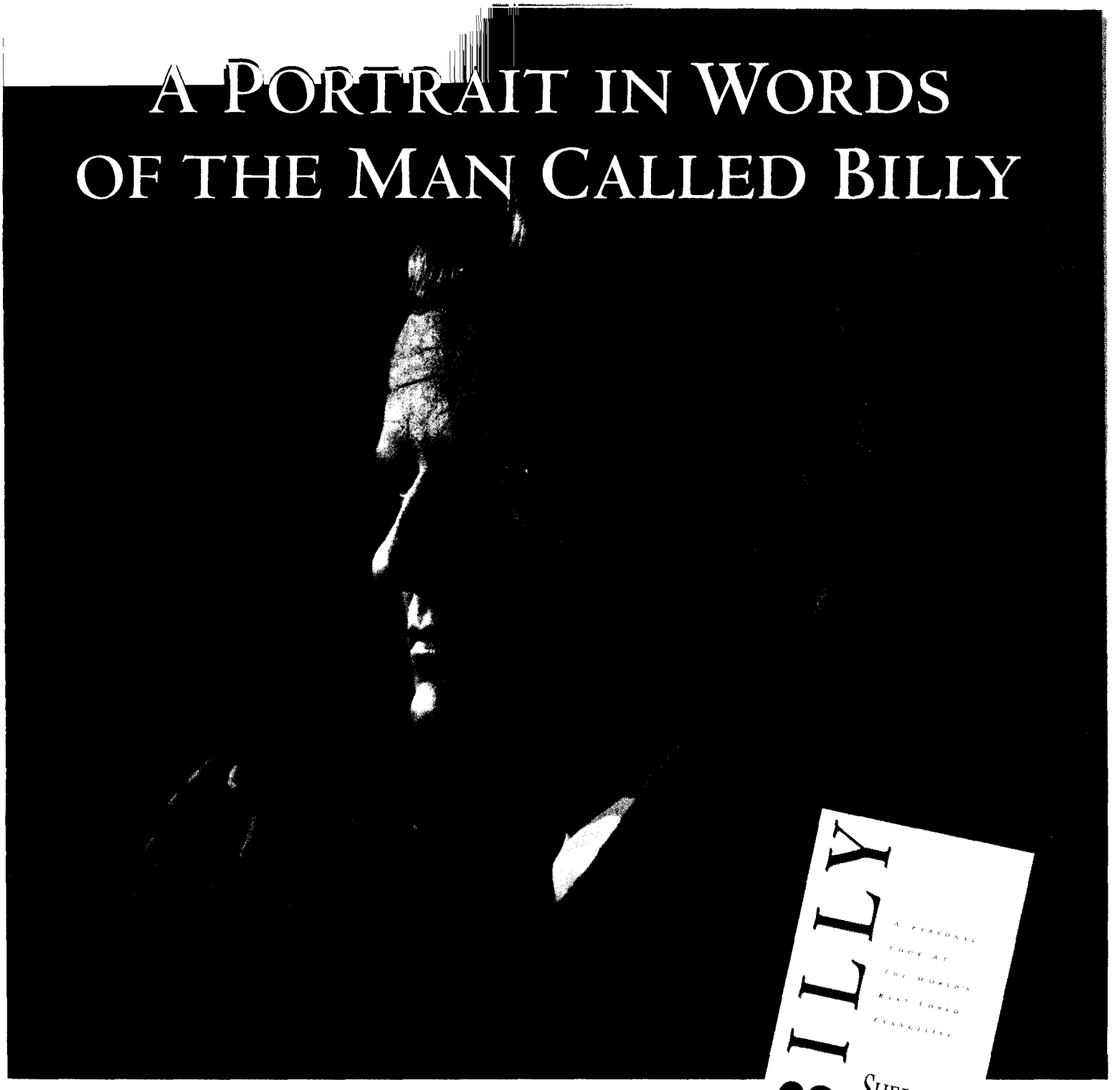
A Portrait in Words of the Man Called Billy



For 50 years he's been the world's best-loved evangelist. Conducting crusades. Preaching on television. Attracting attention wherever he goes.

But few know the man apart from the pulpit. Few have been there in the moments prior to the start of a crusade, or sat beside him on flights around the globe, or visited with him in his North Carolina home. Sherwood Wirt has. And in that time, he has come to know the real Billy.

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I might add something I have found out myself. My doctor prescribed Prilosec, an ulcer drug as a follow up. He said to take two a day, which I did for awhile, then stopped that and now only take one once in a while if I feel like I'm going to have a stomach problem, as I used to take antacids. The difference is that I only have to take about two tablets per month, instead of antacids day in and day out. It's a wonderful blessing, and I thank God for people like you for it!

Paul R. Barber
Volcano, California

Loaded with Goodies

The Nov./Dec. '96 issue of *The Saturday Evening Post* was loaded with "goodies." I was especially thrilled with Ron Kotulak's article, "Keeping The Brain Sharp As We Age."

I also liked Seymour Holt's article, "Attitude Is Everything: Management's Key To Success." I'll do my best to benefit by his recommendations in the weeks and months ahead.

William G. Crook, M.D.
Jackson, Tennessee

Living Legend

Finally the media has awakened to the fact we *do* have a living legend still among us—Lauren Bacall. Though I'm not a fan of hers, or even a movie buff, I wondered for decades why the media and/or public haven't been idolizing her like they do the *dead* legends: James Dean, Marilyn

THE SATURDAY
Lauren Bacall: My Best Year Yet
F. Scott Fitzgerald Fiction
Best New Year's Eve Covers
Keep That Weight-Loss Resolution
The Lowdown on High Blood Pressure
Spicy Foods That Hit the Spot
C.S. Lewis Children's Classic
Health Spa Getaways

Monroe, and Elvis Presley! I can think of nobody in show business who is so famous, yet ignored or overlooked.

Marvin L. Doudna
W. Palm Beach, Florida

We "Stoop" to Please!

Recently I have been searching through old volumes of *The Saturday Evening Post* for stories by a Professor Stoopnagle. My grandfather recites these stories from memory, and I would like an original copy. However, he can't remember when exactly they were published.

They are fairy tales, like Goldilocks and the Three Bears, written with funny variations. They might be in the

"You don't understand, sir—all we do is supply coffee and tissues."

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It is essential that your physician train you on how to use Caverject *and determine the correct dose you need.* Once the ideal amount has been established, the erection usually lasts about one hour. Priapism, a condition in which an erection lasts longer than 6 hours, was reported in less than 1/2 of 1% of all patients. Although rare and usually dose related, it requires immediate medical attention. The most common side effect of *Caverject* is mild to moderate pain after injection. In clinical studies, this occurred in approximately 11% of the 21,000 total self-injections. It was reported at least once by about one third of all patients, although only 3% discontinued use for this reason. *Caverject* should not be used by certain men including those with penile implants. **See product information on the next page for additional safety information and contraindications.**

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Call 1-800-685-6704 today and we'll send you a free information kit about *Caverject.* **And because you need a prescription to get *Caverject,*** we'll even include a list of urologists and other doctors in your area who treat impotence frequently. Your privacy is guaranteed.

CALL 1-800-685-6704 TODAY FOR A FREE INFORMATION KIT.

(Users of CAVERJECT can call for our free User Support package.)

Pharmacia & Upjohn

Caverject® Sterile Powder
alprostadil for injection

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Caverject® Sterile Powder
alprostadil for injection

What is CAVERJECT® Sterile Powder? CAVERJECT Sterile Powder is a prescription drug used to treat impotence, a condition known medically as erectile dysfunction. CAVERJECT is self-injected into a specific area of the penis.

How effective is CAVERJECT? In clinical studies, CAVERJECT caused an erection firm enough for sexual intercourse in over 80% of men who used it. The efficacy of CAVERJECT depends on determination of the correct dose during a visit with your doctor or health care provider, and the use of proper self-injection technique.

Who should not use CAVERJECT? CAVERJECT should not be used by men with any of the following conditions: Conditions that might result in long-lasting erections, such as sickle cell anemia or trait, leukemia, and tumor of the bone marrow (multiple myeloma); Penile implants; Abnormally formed penis or Peyronie's disease; Men who have been advised by their doctor not to engage in sexual activity; Allergy to CAVERJECT (alprostadil) or any of its ingredients. In addition, CAVERJECT should not be used by women or children.

What are the precautions associated with use of CAVERJECT?

1. Priapism (erection lasting over 6 hours): Erections lasting more than 6 hours (priapism) were reported in fewer than 1 of every 200 patients in clinical studies. This condition, although rare, requires immediate medical attention from your doctor or the closest emergency room because it can result in permanent damage to the tissue of the penis. To minimize the risk of priapism, CAVERJECT should be used at the lowest effective dose.

2. Penile fibrosis: In clinical studies, the overall incidence of penile fibrosis (lumps or curving of the erect penis), including a condition called Peyronie's disease, was 3 of every 100 men who used CAVERJECT. In one self-injection study where CAVERJECT was used for up to 18 months, penile fibrosis was reported in 7.8% of men.

3. Patients on anticoagulants (blood thinners): Anticoagulants such as warfarin or heparin can contribute to an increased risk of bleeding after injection. Thereafter, tell your health care provider if you are taking this type of medicine.

4. Determination of the cause of impotence: Underlying treatable causes of impotence should be diagnosed and treated before starting treatment with CAVERJECT.

5. Sexually transmitted or blood-borne diseases and injection-site bleeding: Use of CAVERJECT offers no protection from the spread of sexually transmitted diseases (STDs), including HIV infection. You should understand the protective measures necessary to guard against the spread of STDs. The injection of CAVERJECT can result in a small amount of bleeding at the site of injection, which could increase the risk of transmission of blood-borne diseases between patients infected with blood-borne diseases and their partners.

Do not share or reuse needles or syringes.

6. Patient information: Patient instructions for administration are included in each package of CAVERJECT. You should read and understand these instructions completely. Properly discard needles after use. Do not allow anyone else to use your medicine.

7. Dose titration: **To ensure safe and effective use of CAVERJECT, you should be thoroughly instructed and trained in the self-injection technique by your health care provider before beginning treatment at home. The desirable dose should be established during an office visit, and should not be changed without first consulting your health care provider. The instructions for preparation and self-injection of the CAVERJECT solution should be carefully followed.**

8. Regular checkups: You should visit your health care provider regularly while on self-injection treatment with CAVERJECT. It is recommended that you visit the prescribing professional's office every 3 months. At that time, the safety and efficacy of therapy with CAVERJECT should be evaluated, and the dose adjusted, if needed.

Can I use CAVERJECT while taking other medications? In clinical trials, use of medicines to treat high blood pressure, diabetes, arthritis, and fluid retention had no effect on the efficacy or safety of CAVERJECT. However, the health care provider who prescribes CAVERJECT for you should be aware of all medicines you are taking.

What side effects might occur during use of CAVERJECT? Before using CAVERJECT, talk with your doctor about possible side effects and what to do if side effects occur. The most common side effect reported in clinical studies was mild to moderate penile pain after injection. About one third of men reported this effect. Three percent of men discontinued treatment because of penile pain. Other side effects involving the penis and reported by 1% to 4% of patients included prolonged erection, penile fibrosis, injection site bruising, penis disorder (including numbness, infection, irritation, sensitivity, itching, and discoloration), penile rash, and penile swelling. Priapism (erection lasting over 6 hours) was rarely reported. Seek immediate medical attention if this occurs. Other side effects have also been reported with the use of CAVERJECT. Call your doctor if you notice any redness, lumps, swelling, tenderness, or curving of the erect penis.

What is a typical dose of CAVERJECT? The correct dose of CAVERJECT for you must be determined by your health care provider during an office or clinic visit. Most men will use between 5 and 20 micrograms per dose; doses greater than 60 micrograms are not recommended. The dose of CAVERJECT that is selected for you during your office visit should not be changed without consulting your health care provider. If you accidentally inject an overdose of CAVERJECT, you should call your health care provider immediately.

How fast will CAVERJECT work? The correct dose properly injected should produce an erection in 5 to 20 minutes. The erection should last for about 1 hour.

How often can I use CAVERJECT? Generally, CAVERJECT should be used no more than three times per week, with at least 24 hours between each use.

How should CAVERJECT be stored? Unused packs of CAVERJECT may be stored at or below 77°F (25°C). Do not freeze. After mixing the solution for injection, CAVERJECT should be used immediately.

CAUTION: Federal law prohibits dispensing without a prescription. You must see a doctor or authorized health care provider to receive a prescription.

Pharmacia & Upjohn Company
Kalamazoo, MI 49001, USACB-2-S

"Post Scripts" part of the magazine.

I would very much appreciate if you could tell me which year and volumes they appeared in.

Kenny Decker
Provo, Utah

Editor's note: *Colonel Stoopnagle's twisted nursery rhymes appeared in "Post Scripts" during the 1940s. His "Spoonerisms" were collected in three books:* My Tale is Twisted, Father Goosenagle, *and* You Wouldn't Know Me from Adam.

Dave Morrah continued in this tradition during the '50s and early '60s with his Heinrich Schnibble anecdotes. We don't know of any published collections of his writings.

Brewer's Yeast for Fleas

I've wanted to write this letter for some time after reading the H. Ellen White, D.V.M., article on "Giving Fleas The Brush-Off." Not one place did she mention anything about brewer's yeast in the diet, not only to keep fleas off, but also mosquitos.

Years ago a Seventh Day Adventist doctor put me on brewer's yeast when he treated me for active TB. He said, "This will also keep mosquitos off you when you're at the lake." He also said, "Give it to your dog and cats to keep fleas off and give it to your horses, mixed in their feed to keep horse flies away." It worked just as he said; not one of our eight cats had fleas, and the horse flies sure kept their distance from the horses.

I was 21 then and I'm 82 now, and I still take brewer's yeast. He got me over TB with only bed rest in a room with plenty of fresh air and brewer's yeast and no drugs. I haven't been sick since. The last cold I had was a head cold, and that was 41 years ago.

I'm not a Seventh Day Adventist, but I sure think their doctors are tops. I had my first and only child at 43 and had a Seventh Day Adventist doctor. He said if I did everything he told me, I'd never be sick a day and could have natural childbirth. I did, and was not sick a day, had natural childbirth, and plenty of rich milk to nurse him. He was a small (4 lbs., 2 oz.) full-term baby, but healthy.

Evelyn J. Robinson
South Bend, Indiana

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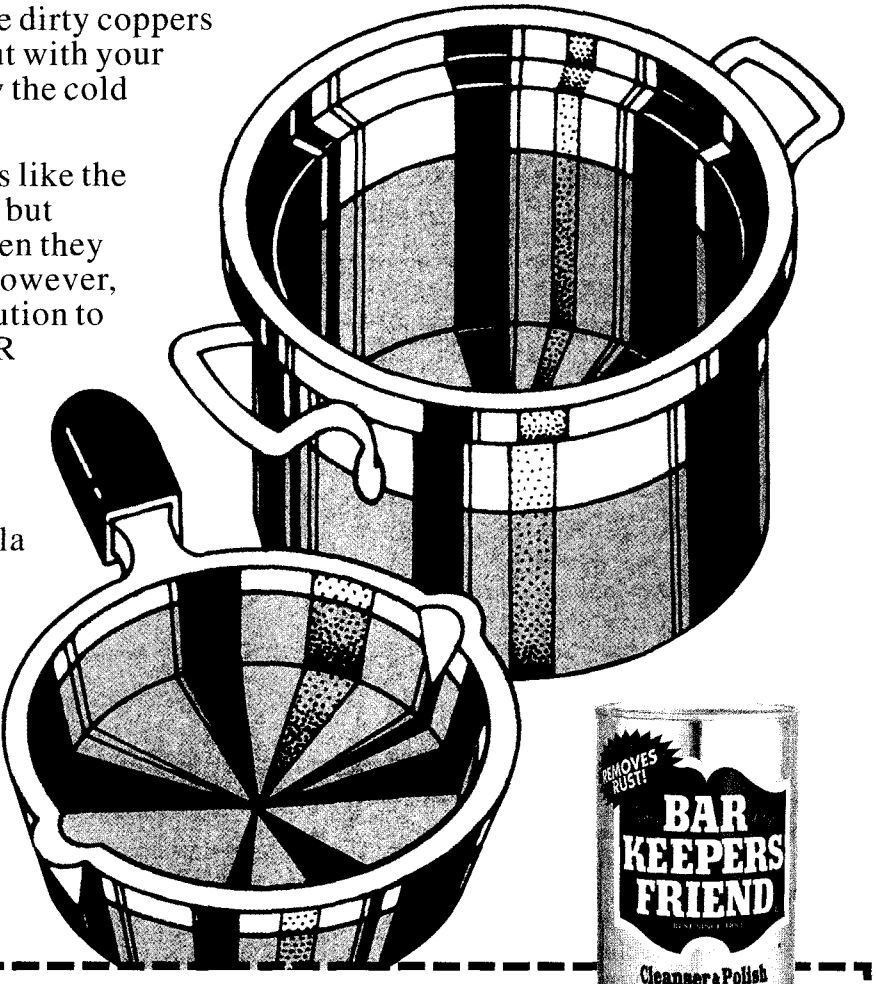
TAKE THAT, YOU DIRTY COPPERS!

You're surrounded, and you know those dirty coppers won't disappear. So instead of going out with your hands up, you decide to fight. You draw the cold steel and start rubbing them out.

We know that what you just read sounds like the dialogue from a 1940s gangster movie, but actually it's how many people react when they have to clean their copper cookware. However, this is 1997, and there's one simple solution to rubbing out those dirty coppers . . . BAR KEEPERS FRIEND.

BAR KEEPERS FRIEND will not scratch your cookware, like steel scrubbers or other scouring powders will. And because its fast-acting formula loosens the stains, you spend less time and effort cleaning. In fact, BAR KEEPERS FRIEND polishes so well, your cookware will look brand-new.

From antique brass candlesticks and marble tops to automobile tires and rust-stained bathtubs, nothing will clean and polish better than BAR KEEPERS FRIEND.



Armchair Shopper, P.O. Box 1144, Indianapolis, IN 46206
Please send me two get-acquainted cans of **BAR KEEPERS FRIEND**.
I have enclosed a check or money order for $5 plus 50¢ postage and handling.

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Post People

Singer, songwriter, multiplatinum-selling recording artist—now add "children's book author" to the list of ***Mary Chapin Carpenter***'s most recent accomplishments.

Published by HarperCollins, *Dreamland* is Carpenter's first foray into children's literature. Originally a song written as part of a compilation album to benefit the Voiceless Victims Project of the Institute for Intercultural Understanding, *Dreamland* celebrates a little girl who closes her eyes and finds herself sailing through a magical land where children from around the world gather to follow their dreams.

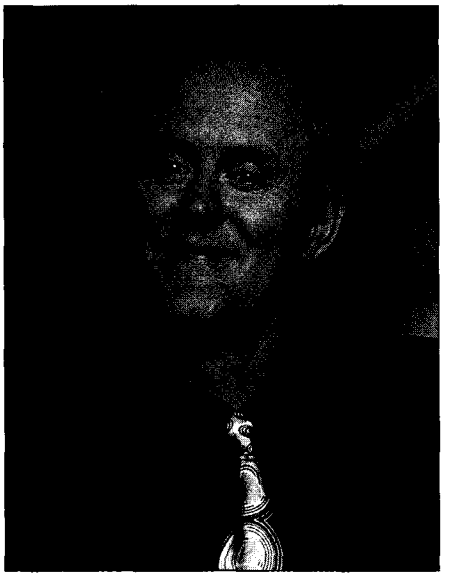
Carpenter hasn't abandoned *her* dreams, however. Her sixth album, *A Place in the World*, follows the success of her previous CD, *Stones in the Road*, which sold more than two million copies worldwide and won the 1995 Grammy for Best Country Album.

John Lithgow may play an alien, but certainly he isn't one to viewers of the hit series "3rd Rock from the Sun." For you who may have yet to decipher the title, the third rock, of course, is us: Mercury, Venus, Earth.

And how is John Lithgow doing on the third rock? Very well, thank you.

He graduated from Harvard, where he became serious about the theater; received a Fulbright Scholarship to study at the London Academy of Music and Dramatic Art; won a Tony Award two years later in his first break, *The Changing Room*, and Tony nominations for *Requiem for a Heavyweight* and *M. Butterfly*. Now he's recognized as one of America's leading stage actors.

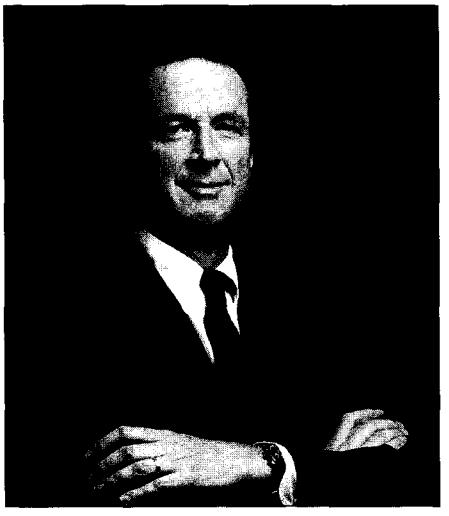
So why is he doing "3rd Rock," his first TV sitcom?



"The weekly series allows me to be home with my family more often," he says. "And the concept of the show drew me to it. Aliens embodied in human form and assigned to try to figure out the human species . . . that's what I've spent years trying to do—understand what it means to be human."

Most successful authors find it easy to rest on their laurels. ***Michael Crichton***—best known for his blockbuster novels *Jurassic Park* and its sequel, *The Lost World*—isn't just any successful author.

By now his fans know that he gave up a lucrative career in medicine to pursue an even more lucrative career in fiction writing. They also know he created the No. 1 TV show "ER." They probably also know he produced and wrote the screenplay for last summer's box-office smash, *Twister*.



But do they know that Crichton is also an accomplished film director, with seven titles to his credit (including 1973's *Westworld*, the first feature film to employ digitized images)? That in his most recent novel, *Airframe*, Crichton concerns himself with a mid-air plane disaster? Crichton is also listed as producer of the film based on his 1987 novel, *Sphere*, due out next Christmas from Warner Bros. Meanwhile, Universal Pictures plans to release a film adaptation of *The Lost World* in May.

Writer, producer, director, TV-series creator—Crichton seems to have everything under control.

It's rare when someone can be successful in both the acting and music worlds. ***Crystal Bernard***, best known for her role as "Helen Chappel Hackett" on NBC's "Wings," may be one of those lucky few. Her debut country CD, *The Girl Next Door*, features five ballads cowritten by the 32-year-old Texas native.

Music was Bernard's original reason for entering show business; she began performing with her family's gospel group at the age of three and started writing songs five years later. At 14 she joined singer-songwriter Bobbie Gentry ("Ode to Billie Joe") in the latter's Las Vegas revue. Once she made it to Hollywood, however, her acting career took off; she was a regular cast member of "Happy Days" and "It's a Living" before she finally spread her "Wings" in 1990.

Bernard credits her father, a traveling evangelist, with inspiring her choice of careers. "Daddy taught us about singing while riding on the bus," she says. "He taught us about a lot of things—especially love."

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How Did Madeline Balletta Make Ben Kinchlow A Bee-liever?

Madeline and Ben are two dynamic, gifted people who love the Lord and are busy about the work He has given them to do. But sometimes even the most dedicated servants need a little help! Madeline has found the answer . . . and now Ben's discovered it, too!

Ben first met Madeline over 6 years ago in California while working on a television program. He was instantly captured by her warm and caring spirit, as well as her boundless enthusiasm! "There she was, at 2:00 in the morning, a 5 foot bundle of energy and there I was, a 6 foot bundle of rags!" exclaimed Ben. As co-host of the popular 700 Club, Ben's life was a hectic scramble of travel and personal appearances. Even though Ben enjoyed good health, many times he found himself fatigued and lacking the vitality he needed to fulfill all of his responsibilities.

Madeline, herself, experienced a severe need years ago when she became so fatigued that she could not even care for her family. "Waking up everyday was a chore, and I could do nothing but pray for an answer!" said Madeline. At that time, a concerned friend told her about the importance of good nutrition and introduced her to one of nature's most wondrous gifts: Royal Jelly. This precious natural substance, known as the food of the Queen Bee, has been used for centuries in Europe and the Orient for its amazing benefits. It is a powerhouse of vitamins and minerals and provides all of the essential amino acids. It contains B-complex vitamins and is a particularly rich source of pantothenic acid (B5). Through this miraculous food and a healthier lifestyle, God restored Madeline to the person He intended her to be. She was once again able to care for her family and began to truly enjoy life! Her vision to share this gift and to help others feel their best became the inspiration she needed to start her own company. At Bee-Alive, we believe Royal Jelly is one of many natural substances God has created for His people.

Today, 11 years later, Madeline keeps a schedule that amazes even Ben! She travels extensively doing TV and radio interviews, as well as conducts seminars teaching about good nutrition and the many benefits of Bee-Alive Royal Jelly! In Ben's words, "Bee-Alive Royal Jelly makes such a difference in my life — I wouldn't go a day without it. I recommend it highly."

Like Ben, thousands have learned how good nutrition and Bee-Alive Royal Jelly can make a dynamic difference in the way they feel. As he travels around the country, he loves to hear their personal success stories. Listen to just a few . . .

"Modern medicine often times does not recognize what nature has to offer. I feel Royal Jelly is a natural product that incorporates many of the things I believe in for correct holistic and preventative care!"
Neil Block, M.D., Orangeburg, NY

"I was very skeptical about your Bee-Alive products but I'm a Bee-liever now! As a single mother of 2, working full-time, my increased energy and well-being are true gifts. Thank you!"
Sabrina Shapiro, Citrus Heights, CA

"I'm 75 and I started taking Royal Jelly 6 years ago because I needed some extra energy. I now walk a few miles a day and I even keep up with my grandchildren. They say, 'Go, Go Grandma!' But the best part is that it's done so much more for me than I expected — I actually feel better than I have in years!"
Edith Strack, Lakeland, FL

"After taking Royal Jelly for just 3 weeks, I began to feel better. I've been back to work now for 2 months and I'm feeling as good as I did 10 years ago. I don't get tired and fatigued anymore. I just want to thank you for helping me!"
Shirley Whitt, Newfoundland, Canada

Ben says . . .
"If you're sick and tired of feeling tired, take charge of your life like I did! Call Bee-Alive toll-free at 1-800-543-BEES! Tell 'em Ben sent ya . . . and receive a $25 FREE Gift when you order."

Bee-Alive products are risk-free . . . carrying Madeline's personal promise of a Money-Back Guarantee!

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ENDING THE EMBARRASSMENT

Incontinence is the problem rarely talked about—
a frustrating condition affecting millions of Americans.

Illustrated by Clarence F. Underwood

More than 13 million Americans suffer from the frequently incapacitating medical condition, known as urinary incontinence. Defined as the loss of bladder control, urinary incontinence results in the uncontrolled leakage of urine, often interfering with a productive and active person's lifestyle and overall sense of well-being.

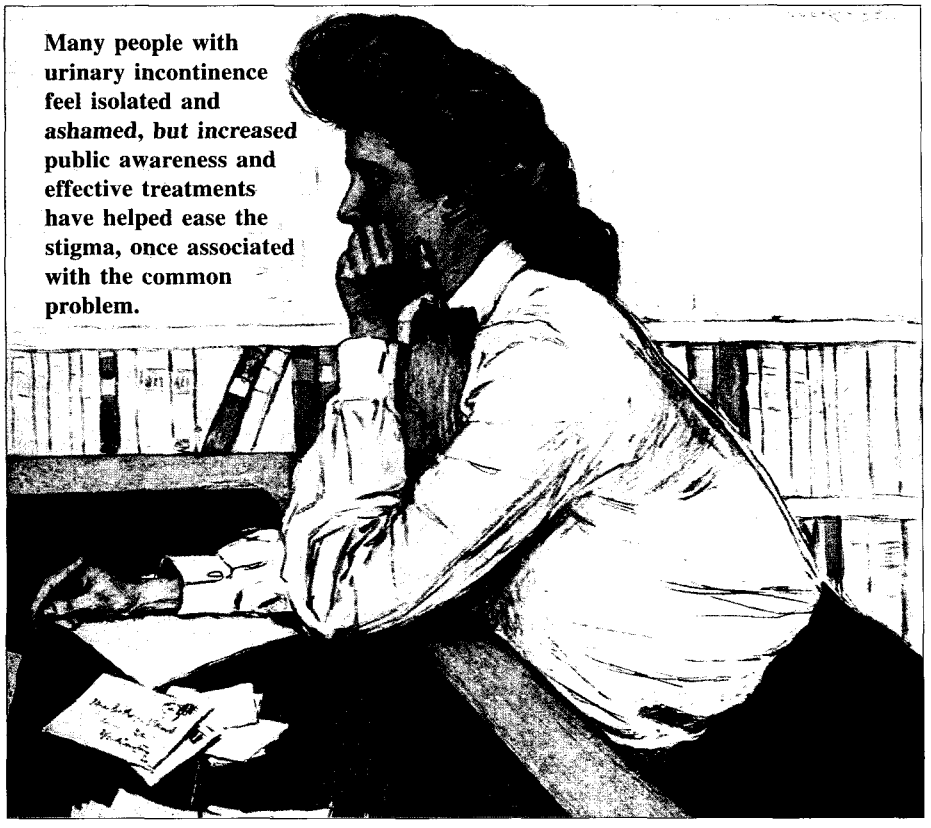
Hundreds of *Post* readers have written letters, expressing feelings of isolation and embarrassment about the condition. Fortunately, help is available. As celebrities and community leaders publicly share their own experiences with urinary incontinence, people no longer need to suffer the social stigma of shame and secrecy, once associated with the common problem.

There are different types of incontinence, caused by a wide variety of conditions. Some people suffer from more than just one. According to the Bladder Health Council, 15 to 30 percent of people over the age of 60 who live at home experience some form of incontinence with women twice as likely as men to suffer from the condition. People with *urge incontinence* lose urine as soon as they feel a strong need to go to the bathroom. *Overflow incontinence* occurs when the bladder is allowed to become so full that it simply overflows; people with this type may feel that they never completely empty their bladder.

Urinary tract or vaginal infections, side effects of medications or constipation may cause temporary incontinence. Weakness of certain muscles, an enlarged prostate, stroke, and injury to the bladder or urethra may cause longer-lasting or permanent loss of bladder control. In almost every case, these conditions can be treated.

Today, more than ever before, effective treatments are available for urinary incontinence. Leaking urine is not a normal result of aging. Don't be embarrassed or upset to ask for help.

- Bladder training and pelvic muscle exercises may help improve bladder control.
- Medicines can be prescribed to treat infection, replace hormones, stop abnormal bladder muscle contractions, or tighten sphincter muscles.
- Operations for incontinence are available to restore the support of pelvic floor muscles or relieve blockage caused by an enlarged prostate.
- Absorbent products are available for those currently in an incontinence treatment program or whose incontinence cannot be cured.
- An artificial urinary sphincter is another surgical treatment for those who have not responded to simpler treatments.
- Pessaries, devices worn internally by women, can support the bladder and improve control.



Many people with urinary incontinence feel isolated and ashamed, but increased public awareness and effective treatments have helped ease the stigma, once associated with the common problem.

Kegel Exercise

Kegel exercises strengthen and tone the pelvic muscles in both men and women, and may help relieve incontinence. Try to hold each contraction for at least three full seconds. Do not try to do more than ten at a time. Contractions should get stronger with practice.

❶ Relax chest and abdomen. Do not hold your breath, move your hips, or tighten your thighs.

❷ Pull up high inside as if shutting off bowel movement; relax for three seconds.

❸ Pull up inside as if shutting off urine flow. Relax.

Kegel exercises should be performed 30 to 80 times daily for at least 8 weeks and can be done while sitting, standing, or lying down. Some people note improvement in four to six weeks. Others take a few months before strength is restored to the muscles.

For more information *about diagnosis, treatment, and management of urinary incontinence, contact Bladder Health Council, c/o American Foundation for Urologic Disease, 300 West Pratt Street, Suite 401, Baltimore, MD 21201, 1-800-242-2383 or the National Association For Continence, P.O. Box 8310, Spartanburg, SC 29305-8310, 1-800-252-3337.*

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RECOMMENDED #1 BY DOCTORS

Drink to your health with ENSURE®

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To Your Good Health!

Drink Ensure®...Read the *Post*

If you are already eating right—fruits, vegetables, and lean meats—good for you. But don't turn the page yet. Not until you discover the "Ensured" way of having complete satisfaction that your one and only body is getting all the balanced nutrition it needs.

If you have let your pampered tastebuds con you into a diet of foods that fail to provide the proper nutrients, by all means hang on to every word this page has to offer.

Your doctor will tell you that a key that opens the door to good health and its offshoot, energy, is good nutrition. So how can you help guarantee that you and your family get everything this good nutrition requires? No problem.

Drink Ensure®.

And what is Ensure®, you may ask, if you have been living in Timbuktu for the past few years?

First, it is a delicious ready-to-serve drink. Next, it is more than a vitamin supplement—it provides an excellent balance of proteins, carbohydrates, vitamins, and minerals. The long and the short of it is that you'll find Ensure® long on benefits and usually in short supply on your kitchen shelves, as your whole family will go for its great taste and the healthy benefits it provides.

One aim of the Saturday Evening Post Society, as you already know, is to

promote the good health of our readers. Of course, we also want you to enjoy reading, laugh at our cartoons and humor, play our games, answer our quizzes, stay updated on medical discoveries, and seek help for your personal health problems.

But you can't very well concentrate on reading or finding anything funny when you feel blah.

So...here's what we are going to do. You fill out the attached subscription card or coupon below for a subscription or renewal to *The Saturday Evening Post*, and we will send you one eight-ounce can of delicious, nutritious Ensure®.

Once you try one, you'll want to try the other delicious flavors. Thanks to the combination of Ensure® for your good health and *The Saturday Evening Post* for good, clean family reading, you'll be on your way with a bounce in your step and perhaps a laugh on your lips.

We have made it easy for you to try, or to continue, both. Just fill in your request and mail it to us. We'll do the rest.

THE SATURDAY EVENING POST

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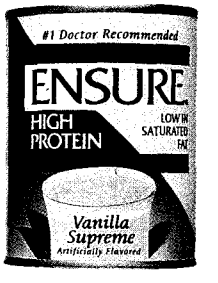

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DO YOUR BONES PASS THE TEST?

You may have osteoporosis and not even know it. Fortunately, the technology is available to discover if you're developing the devastating bone-weakening disease, which affects more than 25 million Americans.

by Wendy Braun, R.N.

For good reason, osteoporosis is often referred to as the "silent" disease. People do not ordinarily *feel* their bones becoming weaker and more fragile. Most discover that they suffer from osteoporosis only after an accident or injury—an all-too-familiar scenario to 45-year-old Dorothy Blum.

"I had several fractures over the years—a broken rib when I slipped while mowing the lawn, another going down a water slide, and [I] fractured my foot twice—that I really didn't connect with osteoporosis," the Florida wife, retired business executive, and nurse says. "It was the furthest thing from my mind."

But in November 1994, during a getaway weekend with her husband, all that changed.

"I was sitting up on the bow of this little boat, a runabout, when a big boat came by us and created this huge wake, sending us up and down a few times. That's how I fractured the vertebra in my back," Dorothy remembers. "Even at that time, I didn't think of osteoporosis. They didn't really make the diagnosis of osteoporosis until a couple of months later when I had a bone density test."

Dorothy Blum is not alone. According to the National Osteoporosis Foundation, osteoporosis is responsible for more than 200,000 hip fractures, 700,000 vertebral fractures, 200,000 wrist fractures, and more than 300,000 fractures at other sites each year.

Today, the technology is becoming widely available to help people avoid the "accidental" path to the discovery of osteoporosis. While routine x-rays can detect breaks in bone similar to those of Dorothy Blum, they are not sensitive enough to detect osteoporosis until the disease is advanced—a stage in which 25 to 40 percent of the bone mass is already lost. However, specialized tests, called bone density tests, can reveal the current status of bone health by detecting both the amount of bone mineral content and its density. A general rule of thumb is: the lower the bone density, the higher the risk of fracture.

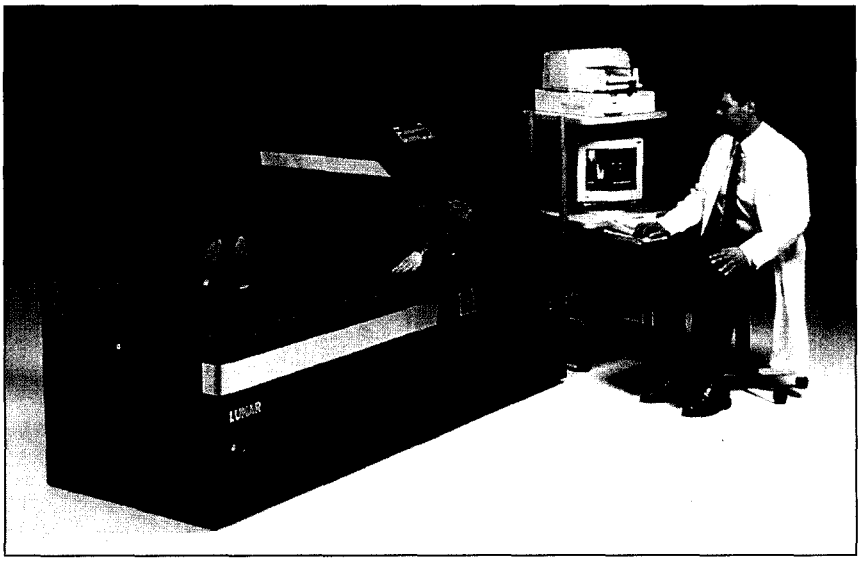
"Bone densitometry is an accurate way to measure bone mass and the only way to tell whether someone is developing osteoporosis," explains Dr. C. Conrad Johnston, Jr., of the Indiana University School of Medicine and vice president of the National Osteoporosis Foundation Board of Trustees. "Bone densitometry is more accurate in predicting fractures than the measurement of blood pressure in predicting strokes, the measurement of cholesterol in predicting heart attacks, or mammograms in predicting breast cancer."

Bone density test results are reported as a series of numbers that are compared to what is expected in someone of the same age, sex, and body size, and to the estimated peak bone density of a healthy young adult of the same sex. Low readings in either category suggest that, at some point, too much bone was lost or not enough new bone was formed.

"The National Osteoporosis Foundation encourages individuals to have bone density tests in a medical setting, where a medical professional can interpret the results," advises Dr. Johnston.

Wrist, hand, or even heel measurements can help determine the amount of bone loss in other parts of the human skeleton. Some doctors prefer to measure bone density in the spine and hip areas—the most common site of fractures due to osteoporosis, especially among the elderly population. Regardless of the testing technique used, the likelihood of breaking a bone due to osteoporosis is high if low levels of bone density are detected at any site in the body (see sidebar, page 22).

"In terms of predicting hip or spinal fracture, two of the most common fracture sites, the Dual Energy X-ray Absorptiometry (DXA) test is best



Dual Energy X-ray Absorptiometry—the most accurate bone density test available—measures bone mineral content and density of the spine, hip, and total body. Information from a bone density test enables one to chart the best course of action for overall bone health.

continued on page 22

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That may come as a surprise to a lot of women.

You see, our bodies continuously break down old bone and rebuild new bone. But after menopause, a deficiency of estrogen causes women to lose bone faster than it is replaced. This imbalance causes osteoporosis.

After menopause, calcium alone isn't enough to stop bone loss or make bones stronger if you have osteoporosis.

And during the first five years after menopause, some women may lose as much as 25% of their bone density. In many women, this bone loss is severe enough to make bones weak and fragile, causing them to break easily.

Calcium can play a role in maintaining bone health after menopause by slowing bone loss.

But contrary to what people think, calcium can't totally stop bone loss, and can't make your bones any stronger after menopause.

So manage your bone health. Work with your doctor, who will recommend evaluation and treatment programs that are best for you.

And ask your doctor about FOSAMAX—a breakthrough treatment for osteoporosis that's non-hormonal and proven to restore lost bone in many women past menopause. Calcium alone can't do that.

So ask your doctor if FOSAMAX is right for you.

FOSAMAX should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes, or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing. Like any prescription drug, FOSAMAX may cause side effects, most commonly stomach and muscle, bone or joint pain. Generally, these have been mild and have not stopped people from taking it. However, some patients may develop serious reactions in the esophagus.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting option for you. And a way to rebuild your bone strength.

FOSAMAX. The first non-hormonal treatment for osteoporosis proven to rebuild bone in women past menopause.

FOSAMAX®

(alendronate sodium tablets)

Ask your doctor and call 1-800-910-4217 for more information.

Please see the Patient Information at the end of ad and discuss it with your doctor.

971359(5)(03)-FOS

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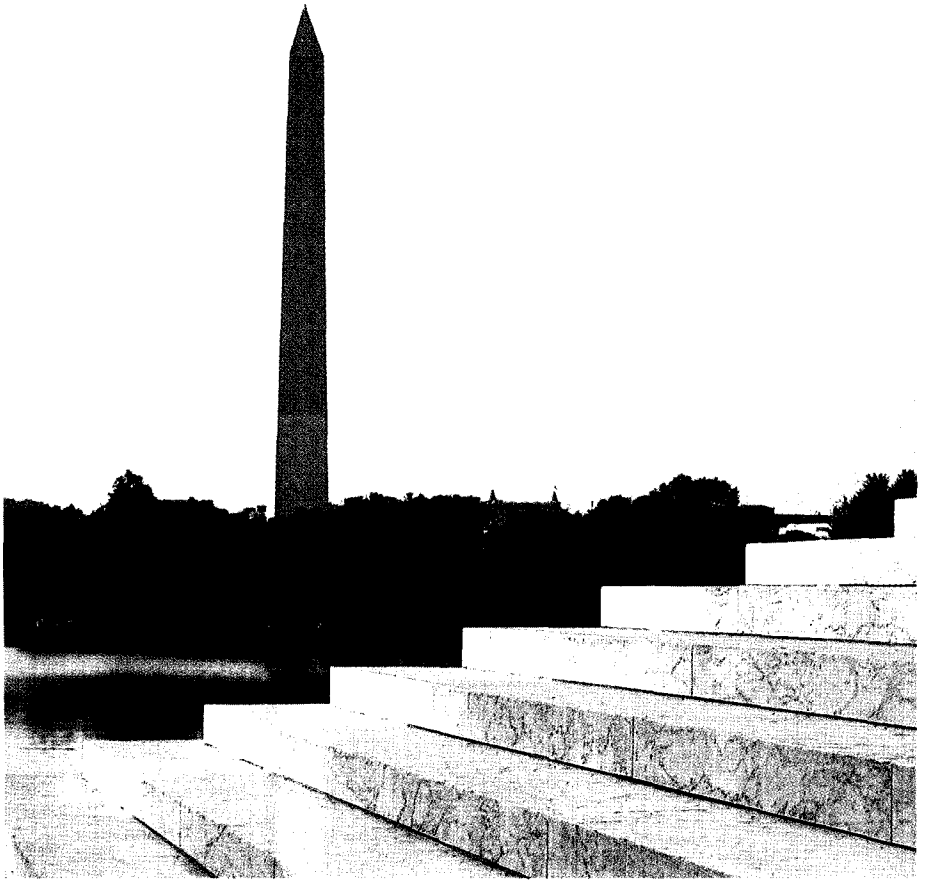
"When I found out

I had osteoporosis,

I used to hesitate

before I walked

down the stairs."



FIGHT YOUR FEAR WITH FOSAMAX.

THE FIRST NON-HORMONAL TREATMENT
FOR OSTEOPOROSIS
PROVEN TO REBUILD BONE.

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Having osteoporosis doesn't have to mean you'll never be able to do all the things you want to do.

Because there's FOSAMAX—a breakthrough treatment that's non-hormonal and proven to restore lost bone in many women past menopause. And calcium alone can't do that.

Calcium can play a role in maintaining bone health after menopause by slowing bone loss. But contrary to what many people think, calcium can't totally stop bone loss, and can't make your bones any stronger after menopause.

Is FOSAMAX right for you? Ask your doctor. It should be used with caution if you have certain stomach or digestive problems, and should not be used if you have certain disorders of the esophagus (the tube that connects your mouth with your stomach), are unable to stand or sit upright for at least 30 minutes or have severe kidney disease, low levels of calcium in your blood, or are pregnant or nursing.

And like any prescription drug, FOSAMAX may cause side effects, most commonly stomach and muscle/bone pain. Generally, the side effects have been mild and usually have not stopped people from taking it. However, some patients may develop serious reactions in the esophagus.

But if you're like most women with osteoporosis, FOSAMAX could be an exciting option for you. And a way to build back your bone strength. As well as your confidence.

FOSAMAX®

ASK YOUR DOCTOR OR CALL 1 800 290-4303 EXT. 26

Please see the Patient Information on the next page and discuss it with your doctor.

(alendronate sodium tablets)

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FOSAMAX® (alendronate sodium tablets)
Patient Information about
FOSAMAX® (FOSS-ah-max) for Osteoporosis
Generic name: alendronate sodium (a-LEN-dro-nate)

Please read this information before you start taking FOSAMAX. Also, read the Patient Information leaflet each time you renew your prescription, just in case anything has changed. Remember, the leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

These are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, swallow your FOSAMAX tablet with a full glass (6-8 oz.) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
2. **After swallowing your FOSAMAX tablet do not lie down — stay fully upright (sitting or standing) for at least 30 minutes and until after your first food of the day. Do not chew or suck on a tablet of FOSAMAX.**
3. **Do not take FOSAMAX at bedtime or before getting up for the day.**
   The above actions will help the FOSAMAX tablet reach your stomach quickly and help avoid irritation of your esophagus (the tube that connects your mouth with your stomach).
4. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins.
   FOSAMAX is effective only if taken when your stomach is empty.
5. **If you develop difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. Take FOSAMAX once a day, every day.
7. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis only if you continue to take it.
8. If you miss a dose do not take it later in the day. Continue your usual schedule of 1 tablet once a day the next morning.

What is FOSAMAX?

FOSAMAX is for the treatment of osteoporosis (thinning of bone) in women after menopause. You will find more information about osteoporosis at the end of the leaflet.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone increases and the bone is less likely to fracture. Thus, FOSAMAX reverses the progression of osteoporosis.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or Nursing

FOSAMAX is for use by women after menopause. If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX® (alendronate sodium tablets)?

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. However, some patients may develop severe digestive reactions including irritation, inflammation or ulceration of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes and before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Some patients treated with FOSAMAX experienced abdominal (stomach) pain, which was the most commonly reported side effect. Less frequently reported were other digestive disturbances such as:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea and gas.

Rarely stomach or other peptic ulcers (some severe) have occurred, but it is not known whether these were caused by treatment with FOSAMAX.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash has occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then new bone is formed. This balanced process of resorbing and forming bone keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause. Menopause happens when the ovaries stop producing the female hormone, estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

How can osteoporosis in postmenopausal women be treated?

- **Medication.** Your doctor may prescribe FOSAMAX.
- **Lifestyle changes.** In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important to patients with osteoporosis. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

The Patient Information leaflet provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

MERCK & CO., INC. Issued November 1996 West Point, PA 19486, USA

FOSAMAX®
(alendronate sodium tablets)

MERCK

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971359(24)(03)-FOS

Types of Bone Density Tests

Often, communities have only one type of bone density testing equipment available. All of the techniques discussed here are capable of detecting low bone density and diagnosing osteoporosis.

✺ ***DXA (or DEXA) Dual Energy X-ray Absorptiometry*** **is the most accurate and advanced technique now available. DXA uses a double beam from an x-ray source and spine, hip, and total body examinations take less than 20 minutes to perform. Peripheral DXA (PDXA) assesses hand or heel bones.**

✺ ***DPA Dual Photon Absorptiometry*** **is an earlier generation of DXA. Available for more than a decade, it is now in limited use. DPA employs a double beam from a radioactive energy source. Spine, hip, and total body examinations take approximately 40 minutes.**

✺ ***SXA Single Energy X-ray Absorptiometry*** **relies on a very low dose x-ray source to measure the bones of the wrist or heel. *SPA Single Photon Absorptiometry* is an earlier generation of SXA utilizing a single beam from an energy source that passes through water. The process takes less than 15 minutes.**

✺ ***QCT Quantitative Computed Tomography*** **uses a conventional CT (computed tomography) scanner with tailor-made computer software. Effective in measurement of the spine, this method emits a comparatively higher dose of radiation than DXA and is usually more costly than other methods. Peripheral QCT measures only the bone density of the wrist.**

✺ ***RA Radiographic Absorptiometry,*** **also called photodensitometry, relies on x-rays of the hand and a small metal wedge to calculate bone density.**

because it measures those areas," Dr. Johnston explains. "However, if the DXA test is not accessible, programs which provide peripheral DXA, which measures the wrist, are helpful. Access is important, especially if a woman wants to know her bone density, and PDXA may be the least expensive test."

All the causes of osteoporosis are not yet known, but we do know that some people are more likely to develop the complex disease than others. Older women with a low body mass and a family history of osteoporosis, as well as women who experienced menopause before the age of 45, either naturally or as a result of surgery, are

continued on page 81

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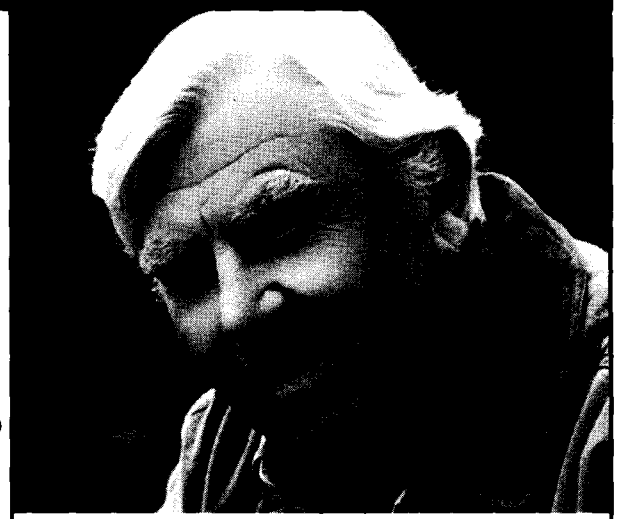
33 Everlasting Songs Of Faith

Andy Griffith

Sings For You In His "Precious Memories" Songs Of Faith Treasury



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- Andy Griffith -

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IF YOU'RE AN ANGEL, WE'LL DEAL YOU IN

In heaven an angel is nobody in particular.—George Bernard Shaw

by Wen Smith

Illustrated by Don Trawin

An angel can sometimes be recognized by its halo, a soft light shining from above and behind the head. Despite the glow, you can still see the angel's face, because a halo casts no shadow.

Angels often appear as *multitudes*, but no one ever sees a *crowd* of angels. The common word for a whole bunch of angels together is *host*.

Most angels have pretty good voices, and any group of them too small to be a *host* is likely to be a *choir*—or possibly a *flight*. Shakespeare fans know about those from Hamlet's death scene, where Horatio says, "Flights of angels sing thee to thy rest."

Two kinds of angel to beware of are the Wannabes, who often do things that appear angelic on the surface (but who turn out to be subcutaneous demons), and the Claimtobes, who are easy to spot because their claims are so transparent. These two groups are legion, but they don't form a host. Their halos are made of clothes hangers on sticks.

Los Angeles, the city, got its name from a real angel, the mother of Jesus, known as Our Lady, Queen of the Angels. For all anyone knows, she may be the only angel who ever visited the place. Today, residents of Los Angeles are called Angelinos, but an Angelino is a far cry from a real angel. Angel is as angel does.

Fallen angels abound in all climates, but they never form a host. They may appear as a mob or a gang, sometimes as a political party. They are led by two renegades, Lucifer and Satan, but the mob is legion. They appear with all kinds of disguises—mustaches, dark-rimmed glasses and Groucho noses, and that sort of thing—but they also often wear a no-disguise disguise, in which case they look like your neighbor Fred.

Angels pretend to love sports, and like many ordinary fans, they are proficient with a remote control. They love baseball, football, and basketball, but they watch more than they play. Angels never play hockey. In truth, they seldom play any game—except poker, for which they have the appropriate face. During a poker game, an angel always turns off the halo.

A number of baseball teams call themselves Angels, but most of these are Wannabes and never get to the World Series. When angels play baseball, the outfield is their natural position, though there have been a few effective shortstops. One thing is certain: there are no angel umpires. The Recording Angel of heaven was once a statistician for the House of David.

Contrary to popular belief, angels are not fearless. They may occasionally fly in the face of danger for a good cause, but any fool knows that there are places where angels fear to tread. Most of those are places near you.

"What a piece of work is man," wrote Shakespeare. "In action how like an angel!" But the bard also knew that the world's a

continued on page 81

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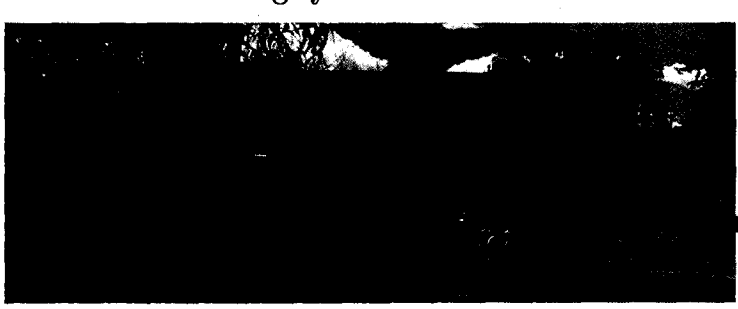

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HEARTBEAT

The Healthy Heart Recipes

THE LOWDOWN ON CHOLESTEROL

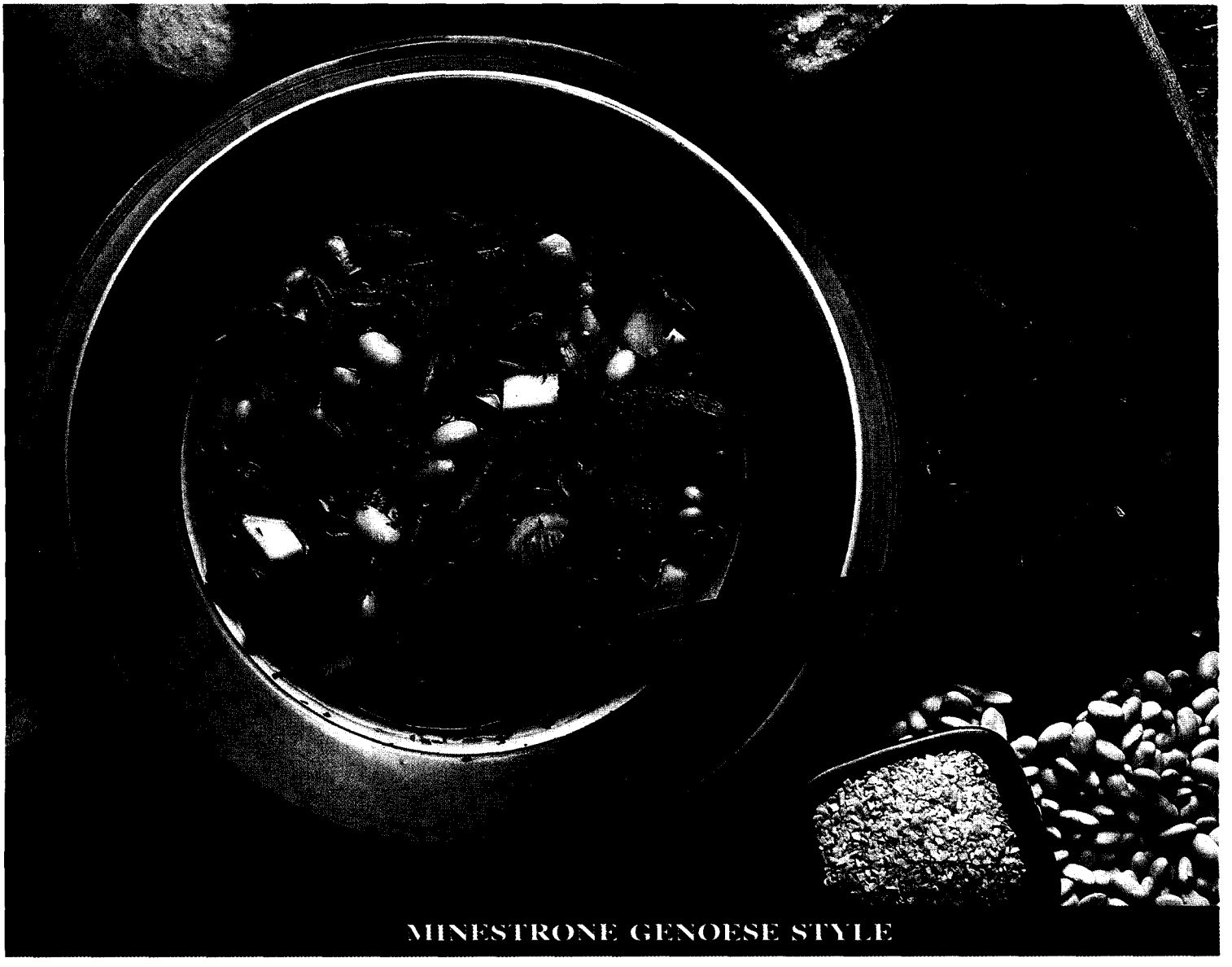
When you're tackling a cholesterol problem, choosing foods high in soluble fiber can be just as important as avoiding foods high in fat.

Are you watching your cholesterol levels? If so, you're not alone. Some 95 million Americans have cholesterol counts of 200 or above, putting them at risk for coronary artery disease.

If you are in that high-risk category, your doctor probably has recommended cutting back on foods high in cholesterol and saturated fats, such as red meats and dairy products. But while eating less of some foods, you also should be adding others that can actively help lower your risk of heart attack—the "cholesterol busters."

Cholesterol-busting foods have two things in common: they are low in fat and high in pectin, gums, and mucilage, which are components of soluble fiber. Oat bran is the most recognized source of soluble fiber, but other delicious foods are excellent sources, too: apples, citrus fruits, green beans, carrots, strawberries, oatmeal, flaxseed, and legumes (beans and peas) all belong to this heart-healthy category.

What can soluble fiber do? Soluble fiber slows fat absorption from the intestines and may also help limit the body's own production of cholesterol. A recent large-scale study in Finland, the heart attack capital of the world, showed that men who added only five grams of soluble fiber daily to their



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HEARTBEAT

diets reduced their risk of coronary death by an average of 27 percent.

Five grams of soluble fiber amounts to about 1½ cups of oatmeal a day, but there's no need to overdose on oatmeal. Whole-grain breads made from rye, oats, barley, and wheat—all sources of soluble fiber—were also included in the diets of the Finnish study participants.

Another cholesterol buster, soy, is really in a class by itself. Along with soluble fiber, soy contains phytochemicals that also help reduce blood cholesterol levels. As little as one cup of cooked soybeans a day (25 grams of soy protein) can reduce serum cholesterol in some people.

Beans, particularly lentils, should be on a cholesterol-lowering menu. Measure for measure, lentils provide more protein per pound than lean ground beef, as well as much soluble fiber and relatively little fat.

Last, but not least, vegetables and fruits also should be part of a cholesterol-reduction diet because they are rich in antioxidant vitamins that may provide further protection against heart disease.

Some people respond better to cholesterol-lowering foods than others. If you have a tough cholesterol problem, your doctor will prescribe drugs in addition to diet. But in the process, you can still eat well and be healthier by following a cholesterol-busting diet.

The following are some of our favorite cholesterol-lowering recipes.

Minestrone Genoese Style

(Makes 10 servings)

Garlic paste:

2 teaspoons instant minced garlic
2 teaspoons water
2 tablespoons grated Parmesan cheese
1 tablespoon olive oil
1 tablespoon basil leaves, crushed
1 tablespoon margarine, softened

Soup:

2 quarts Herb Ox low-salt chicken broth
2 cups shredded cabbage
1½ cups diced potatoes
1 cup sliced celery
1 cup fresh green beans cut in 1" pieces
4 cups white kidney beans (cannellini, drained and rinsed)
2 cups sliced zucchini
1 cup frozen peas

To prepare garlic paste: In cup combine garlic and water; set aside to soften, about 10 minutes. Stir in cheese, olive oil, basil, and margarine until combined; set aside.

To prepare soup: In stockpot bring broth to boil. Add cabbage, potatoes, celery, and green beans; reduce heat and simmer, covered, until vegetables are nearly tender, 10-12 minutes. Add kidney beans, zucchini, peas, and reserved garlic paste; simmer until vegetables are tender, about 6 minutes longer.

Per Serving (1½-1¾ cups):
Calories: 170 Carbohydrate: 26.1 gm
Cholesterol: 2 mg Protein: 9.3 gm
Sodium: 248 mg Fat: 3.1 gm
Fiber: 7.7 gm
Diabetic exchange: 1½ bread +1 vegetable

Baked Soybeans

(Makes 8 servings)

3 cups dried soybeans (soaked overnight and drained)
½ cup chopped onion
¼ pound diced turkey ham
½ cup molasses
½ cup low-salt ketchup
1 teaspoon dried mustard
1 teaspoon salt (if desired)
1 tablespoon low-salt Worcestershire sauce
1 teaspoon curry powder

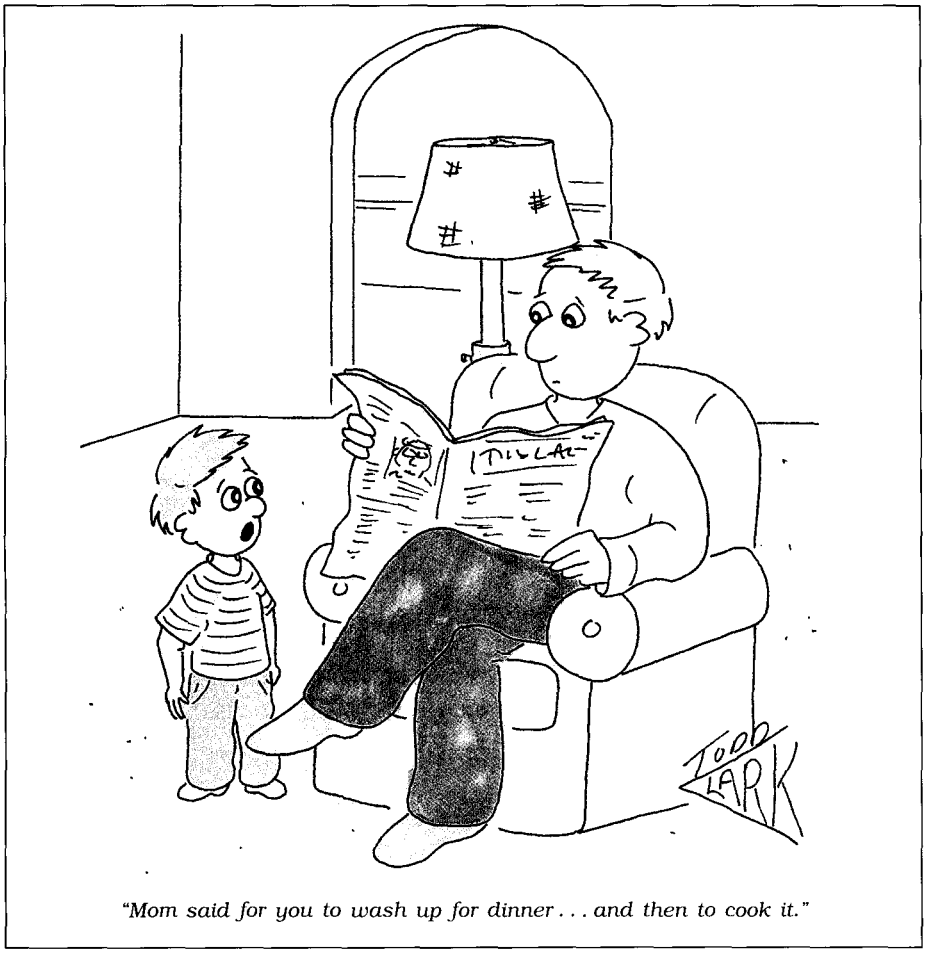
Soak beans overnight. Drain. Preheat oven to 350° F. Combine all ingredients in 2-quart casserole and bake 1 hour or until tender.

Per Serving (¾-1 cup):
Calories: 415 Carbohydrate: 41.9 gm
Cholesterol: 7 mg Protein: 28.0 gm
Sodium: 127 mg Fat: 15.0 gm
Fiber: 5.5 gm
Diabetic exchange: 1 bread + 1 medium-fat meat

Soybean Waffles

(Makes 6 waffles)

1 cup unbleached flour (or ¾ cup flour and ¼ cup whole-wheat flour)
1 cup soybeans, soaked and cooked, then either grind or blend
2 teaspoons baking powder, combination type
1 tablespoon sugar (if desired)
3 egg whites



"Mom said for you to wash up for dinner . . . and then to cook it."

continued on page 68

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HEARTBEAT

The Healthy Heart Report

THE DROPSY STORY

An old woman's herbal treatment for swollen ankles led to one of the great drug discoveries of modern times.

by Ted Kreiter

Illustrated by Len Ebert

These days most new wonder drugs come from researchers working in laboratories at big drug companies, but such was not the case with digitalis, the most effective heart drug ever discovered.

The intriguing story of digitalis began more than 200 years ago in the rolling countryside of Shropshire, England, where country women brewed herbal teas and treated patients with far more success than the learned doctors of the day.

In those days, as they still do, older men and women suffered from swollen feet and ankles, a condition then commonly known as "the dropsy," because the fluid seemed to drop from the body into the lower limbs.

When their doctors failed to improve their condition, the dropsy victims would pay a visit to the old women for treatment with their special tea, and soon their ankles were no longer swollen.

The herbal remedy remained a family secret until one day in 1775 when Dr. William Withering, a member of the brilliant Lunar Society of Birmingham, was called in to investigate. As he wrote in his account years later, "My opinion was asked concerning a family receipt for the cure of the dropsy. I was told that it had long been kept a secret by an old woman in Shropshire, who had sometimes made cures after the more regular practitioners had failed." After tracking down the old woman and studying her concoction, Dr. Withering noted, "This medicine was composed of 20 or more different herbs; but it was not very difficult for one conversant in these subjects, to perceive, that the active herb could be no other than the Foxglove."

The lovely flower that grew in English cottage gardens was the key to the herbal "miracle" treatment. Foxglove, from the genus *Digitalis* for which the drug is now known, was a major medical breakthrough!

Dr. Withering began giving doses of foxglove, also called digitalis, to his

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patients, noting in his diary when the treatment succeeded. He had not yet "introduced it into the more regular mode of prescription," he wrote later, until "a circumstance happened which accelerated that event." What happened was, Dr. Withering received a letter from a respected colleague telling him the amazing story about Dr. Cawley, the principal of Brazen Nose College, Oxford, who had been cured of hydrops pectoris (water on the heart) with extract from the foxglove root!

Then Dr. Withering set to work in earnest. "The more I saw of the great powers of this plant, the more it seemed necessary to bring the doses of it to the greatest possible accuracy," he wrote. He dried leaves and studied their potency at different times of the year. Finally he arrived at the proper dose and ten years later wrote "An Account of the Introduction of Foxglove into Modern Practice." The rest is medical history. Dr. Withering became a celebrity. Thanks to him, physicians for the first time could offer dropsy patients a medicine that actually worked.

In his lifetime, Dr. Withering became known as the "flower of physic," and when he died, a foxglove was carved on his tombstone in the churchyard near Edgbaston Hall. All thanks to the little old ladies of Shropshire who remain nameless to history, but who were, of course, the true discoverers.

Even today, no more effective drug for treating heart failure exists than digitalis, although we now call its active constituents digoxin and digitoxin. The drug strengthens the heartbeat and, at the same time, slows the heart rate, allowing more time for the ventricles (the pumping chambers of the heart) to fill with blood, making it easier for weakened hearts to function.

Recently, new drugs and treatments are being used in conjunction with digitalis and are helping to further improve the lives of congestive heart failure patients. To find out more about these, we talked with Dr. Sharon Hunt, professor of cardiovascular medicine at Stanford University and a member of The American Heart Association Committee on Heart Failure and Transplantation.

Post: The term congestive heart failure sounds rather ominous. Could you explain what it is?

Dr. Hunt: That sounds like a simple question, but the answer is not as simple as one might think. In general, most of us would define heart failure as a heart's inability to pump an adequate blood supply. That inability can exist for a variety of reasons: because one or more of the valves in the heart has gone bad or because the heart muscle becomes weak from a muscle disease or a lack of blood supply and cannot pump. The end-product of any of these flaws in the heart is what we call heart failure, which is basically insufficient blood supply being pumped by the heart. A consequence of such insufficiency is that the patient often has blood backing up into either the lungs, causing shortness of breath, and/or the systemic circulation, causing congestion in the form of edema in the ankles or in the belly.

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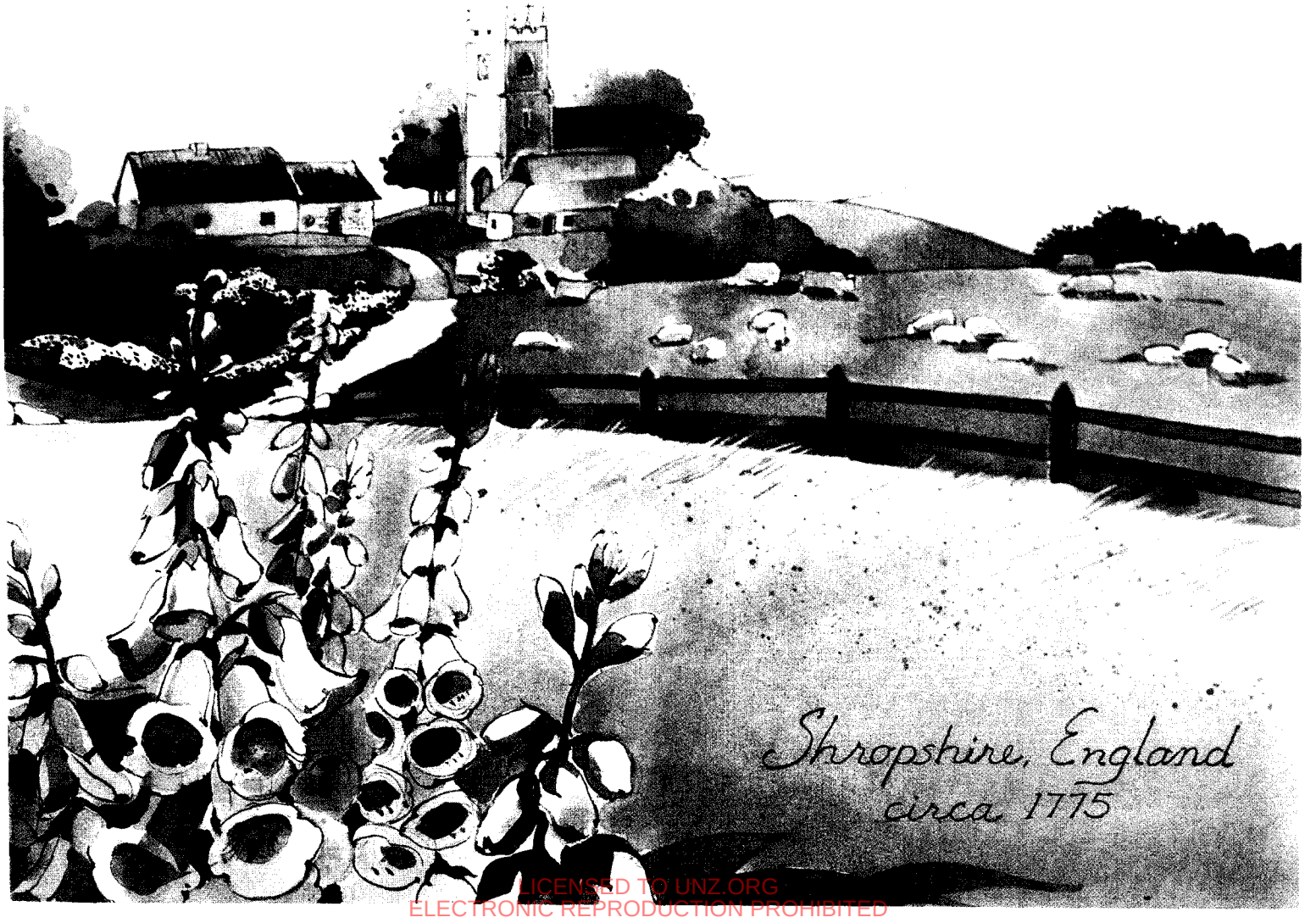

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More than 3.1 million people around the world have taken ZOCOR. It works by reducing potentially dangerous levels of LDL (bad) cholesterol in the bloodstream. Results can vary, but ZOCOR is the only medicine that's actually been proven to help save the lives of people with high cholesterol and heart disease.

A landmark five-year study among heart disease patients with high cholesterol demonstrated dramatic results for ZOCOR: fewer cardiac procedures, fewer heart attacks, and 42% fewer deaths from heart disease.

ZOCOR is a prescription medication and only your doctor or health care professional can determine whether you should take it. In clinical studies, liver abnormalities were experienced by 1% of patients. Some people should not take ZOCOR: people with active liver disease or possible liver problems, women who are pregnant, likely to become pregnant, or are breast-feeding, or people who are allergic to any of its ingredients.

When you talk to your doctor about ZOCOR, be sure to mention any medications you are taking, to avoid possible serious drug interactions. Be sure to tell your doctor if you experience any unexplained muscle pain or weakness while taking ZOCOR, since this could be a sign of serious side effects. Finally, discuss any other side effects with your doctor.

To get your free copy of "Surviving High Cholesterol," call **1-800-224-4036.** Visit our Web site at **http://www.zocor.com**

Please read the next page for a summary of prescribing information and discuss it with your doctor.

ZOCOR (SIMVASTATIN)

Ask your doctor about ZOCOR– the only cholesterol medicine proven to help save lives among people with high cholesterol and heart disease.

- Does my high cholesterol put me at risk?
- Should I consider adding ZOCOR to my diet and exercise plan?
- Could ZOCOR reduce my chances of having a heart attack?
- What are the side effects of ZOCOR?
- What type of results can I expect from ZOCOR?

ZOCOR is indicated as an addition to diet for patients with high cholesterol when diet and exercise are inadequate.

ZOCOR. **The cholesterol medicine that helps save lives.** MERCK

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ZOCOR®
(SIMVASTATIN)

PLEASE READ THIS SUMMARY CAREFULLY, AND THEN ASK YOUR DOCTOR ABOUT ZOCOR. NO ADVERTISEMENT CAN PROVIDE ALL THE INFORMATION NEEDED TO PRESCRIBE A DRUG. THIS ADVERTISEMENT DOES NOT TAKE THE PLACE OF CAREFUL DISCUSSIONS WITH YOUR DOCTOR. ONLY YOUR DOCTOR HAS THE TRAINING TO WEIGH THE RISKS AND BENEFITS OF A PRESCRIPTION DRUG FOR YOU.

USES OF ZOCOR

ZOCOR is a prescription drug that is indicated as an addition to diet for many patients with high cholesterol when diet and exercise are inadequate. For patients with coronary heart disease (CHD) and high cholesterol, ZOCOR is indicated as an addition to diet to reduce the risk of death by reducing coronary death; to reduce the risk of heart attack; and to reduce the risk for undergoing myocardial revascularization procedures (coronary artery bypass grafting and percutaneous transluminal coronary angioplasty).

WHEN ZOCOR SHOULD NOT BE USED

Some people should not take ZOCOR. Discuss this with your doctor.

ZOCOR should not be used by patients who are allergic to any of its ingredients. In addition to the active ingredient simvastatin, each tablet contains the following inactive ingredients: cellulose, lactose, magnesium stearate, iron oxides, talc, titanium dioxide, and starch. Butylated hydroxyanisole is added as a preservative.

Patients with liver problems: ZOCOR should not be used by patients with active liver disease or repeated blood test results indicating possible liver problems. (See WARNINGS.)

Women who are or may become pregnant: Pregnant women should not take ZOCOR because it may harm the fetus. **Women of childbearing age should not take ZOCOR unless it is highly unlikely that they will become pregnant.** If a woman does become pregnant while on ZOCOR, she should stop taking the drug and talk to her doctor at once.

Women who are breast-feeding should not take ZOCOR.

WARNINGS

Liver: About 1% of patients who took ZOCOR in clinical trials developed elevated levels of some liver enzymes. Patients who had these increases usually had no symptoms. Elevated liver enzymes usually returned to normal levels when therapy with ZOCOR was stopped.

Your doctor should perform routine blood tests to check these enzymes before and during treatment with ZOCOR. The tests should occur at 6 weeks and 12 weeks after you begin taking ZOCOR, and about every 6 months thereafter. If your enzyme levels increase, your doctor should order more frequent tests. If your liver enzyme levels remain unusually high, your doctor should discontinue your medication.

Tell your doctor about any liver disease you may have had in the past and about how much alcohol you consume. ZOCOR should be used with caution in patients who consume large amounts of alcohol.

Muscle: Tell your doctor right away if you experience any muscle pain, tenderness, or weakness at any time during treatment with ZOCOR, particularly if you have a fever or if you are generally not feeling well, so your doctor can decide if ZOCOR should be stopped. Some patients may have muscle pain or weakness while taking ZOCOR. Rarely, this can include muscle breakdown resulting in kidney damage. The risk of muscle breakdown is greater in patients taking certain other drugs along with ZOCOR, such as the lipid-lowering drug Lopid* (gemfibrozil), a fibrate; lipid-lowering doses of nicotinic acid (niacin); the antibiotic erythromycin; antifungal drugs that are azole derivatives, such as itraconazole; or drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmune [cyclosporine]). Therapy with ZOCOR should be temporarily interrupted if you are going to take an azole derivative antifungal medication, such as itraconazole. Patients using ZOCOR along with any of these other drugs should be carefully monitored by their physician. The risk of muscle breakdown is greater in patients with kidney problems or diabetes.**

If you have conditions that can increase your risk of muscle breakdown, which in turn can cause kidney damage, your doctor should temporarily withhold or stop ZOCOR. Such conditions include severe infection, low blood pressure, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures. Discuss this with your doctor, who can explain these conditions to you.

Because there are risks in combining therapy with ZOCOR with lipid-lowering doses of nicotinic acid (niacin) or with drugs that suppress the immune system, your doctor should carefully weigh the potential benefits and risks. He or she should also carefully monitor patients for any muscle pain, tenderness, or weakness, particularly during the initial months of therapy and if the dose of either drug is increased. Your doctor may also monitor the level of certain muscle enzymes in your body, but there is no assurance that such monitoring will prevent the occurrence of severe muscle disease.

PRECAUTIONS

Before starting treatment with ZOCOR, try to lower your cholesterol by other methods such as diet, exercise, and weight loss. Ask your doctor about how best to do this. Any other medical problems that can cause high cholesterol should also be treated.

ZOCOR is less effective in patients with the rare disorder known as homozygous familial hypercholesterolemia.

Drug Interactions: Because of possible serious drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription.

ZOCOR® (simvastatin) can interact with Lopid, niacin, erythromycin, certain antifungal drugs, and drugs that suppress the immune system (called immunosuppressive drugs, such as Sandimmune). (See WARNINGS, Muscle.)

Some patients taking lipid-lowering agents similar to ZOCOR® (simvastatin) and coumarin anticoagulants (a type of blood thinner) have experienced bleeding and/or increased blood clotting time. Patients taking these medicines should have their blood tested before starting therapy with ZOCOR and should continue to be monitored.

Endocrine (Hormone) Function: ZOCOR and other drugs in this class may affect the production of certain hormones. Caution should be exercised if a drug used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may decrease the levels or activity of hormones. If you are taking any such drugs, tell your doctor.

Central Nervous System Toxicity; Cancer, Mutations, Impairment of Fertility: Like most prescription drugs, ZOCOR was required to be tested on animals before it was marketed for human use. Often these tests were designed to achieve higher drug concentrations than humans achieve at recommended dosing. In some tests, the animals had damage to the nerves in the central nervous system. In studies of mice with high doses of ZOCOR, the likelihood of certain types of cancerous tumors increased. No evidence of mutations of or damage to genetic material has been seen. In one study with ZOCOR, there was decreased fertility in male rats.

Pregnancy: Pregnant women should not take ZOCOR because it may harm the fetus.

Safety in pregnancy has not been established. There have been no reports of birth defects in the children of patients taking ZOCOR. However, in studies with lipid-lowering agents similar to ZOCOR, there have been rare reports of birth defects of the skeleton and digestive system. Therefore, women of childbearing age should not take ZOCOR unless it is highly unlikely they will become pregnant. If a woman does become pregnant while taking ZOCOR, she should stop taking the drug and talk to her doctor at once. The active ingredient of ZOCOR did not cause birth defects in rats at 6 times the human dose or in rabbits at 4 times the human dose.

Nursing Mothers: Drugs taken by nursing mothers may be present in their breast milk. Because of the potential for serious adverse reactions in nursing infants, a woman taking ZOCOR should not breast-feed. (See WHEN ZOCOR SHOULD NOT BE USED.)

Pediatric Use: *ZOCOR is not recommended for children or patients under 20 years of age.*

SIDE EFFECTS

Most patients tolerate treatment with ZOCOR well; however, like all prescription drugs, ZOCOR can cause side effects, and some of them can be serious. Side effects that do occur are usually mild and short-lived. Only your doctor can weigh the risks versus the benefits of any prescription drug. In clinical studies with ZOCOR, less than 1.5% of patients dropped out of the studies because of side effects. In a large, long-term study, patients taking ZOCOR experienced similar side effects to those patients taking placebo (sugar pills). Some of the side effects that have been reported with ZOCOR or related drugs are listed below. This list is not complete. Be sure to ask your doctor about side effects before taking ZOCOR and to discuss any side effects that occur.

Digestive System: Constipation, diarrhea, upset stomach, gas, heartburn, stomach pain/cramps, anorexia, loss of appetite, nausea, inflammation of the pancreas, hepatitis, jaundice, fatty changes in the liver, and, rarely, severe liver damage and failure, cirrhosis, and liver cancer.

Muscle, Skeletal: Muscle cramps, aches, pain, and weakness; joint pain; muscle breakdown.

Nervous System: Dizziness, headache, insomnia, tingling, memory loss, damage to nerves causing weakness and/or loss of sensation and/or abnormal sensations, anxiety, depression, tremor, loss of balance, psychic disturbances.

Skin: Rash, itching, hair loss, dryness, nodules, discoloration.

Eye/Senses: Blurred vision, altered taste sensation, progression of cataracts, eye muscle weakness.

Hypersensitivity (Allergic) Reactions: On rare occasions, a wide variety of symptoms have been reported to occur either alone or together in groups (referred to as a syndrome) that appeared to be based on allergic-type reactions, which may rarely be fatal. These have included one or more of the following: a severe generalized reaction that may include shortness of breath, wheezing, digestive symptoms, and low blood pressure and even shock; an allergic reaction with swelling of the face, lips, tongue and/or throat with difficulty swallowing or breathing; symptoms mimicking lupus (a disorder in which a person's immune system may attack parts of his or her own body); severe muscle and blood vessel inflammation; bruises; various disorders of blood cells (that could result in anemia, infection, or blood clotting problems) or abnormal blood tests; inflamed or painful joints; hives; fatigue and weakness; sensitivity to sunlight; fever, chills; flushing; difficulty breathing; and severe skin disorders that vary from rash to a serious burn-like shedding of skin all over the body, including mucous membranes such as the lining of the mouth.

Other: Loss of sexual desire, breast enlargement, impotence.

Laboratory Tests: Liver function test abnormalities including elevated alkaline phosphatase and bilirubin; thyroid function abnormalities.

NOTE: This summary provides important information about ZOCOR. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with them.

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WEIGHTLIFTING FOR SENIORS

by Carol Krucoff

Illustration by Norman Rockwell

When people say they want to lose weight, what they mean is they want to lose fat. Yet what many older adults don't realize is that when they try to lose fat by dieting alone, they're also likely to lose muscle and bone.

"For older people who are overweight, it can be very dangerous to try and lose weight in the traditional way of just cutting back on calories," says William Evans, director of the Noll Physiology Research Center at Pennsylvania State University. Caloric requirements are already low for most people over 60, he says, so eliminating food can rob them of important nutrients. Caloric restriction also reduces the metabolic rate, which is already diminished in most older adults. And when you severely restrict calories, the body tries to conserve fat stores, so it breaks down lean tissue mass, robbing it of muscle and bone.

This exaggerates an already significant problem for older adults, the age-related loss of muscle that Evans has named "sarcopenia," from the Greek for "flesh reduction." Like osteoporosis and arthritis, sarcopenia is a serious degenerative condition, says Evans, who notes that muscle mass in sedentary individuals declines by about 15 percent between the third and eighth decade of life.

"Loss of muscle mass with age has obvious effects on function, such as increased risk for falls and vulnerability to injury," notes Chhanda Dutta, director of musculoskeletal research at the National Institute on Aging, which has convened two conferences on the topic since 1994 and is spending about $1.4 million annually on sarcopenia-related research.

But less obvious, she says, are the wide-ranging metabolic effects that result when muscle, the body's most metabolically active tissue, diminishes. Having less muscle alters the metabolism, with numerous consequences that can include obesity, impaired glucose tolerance, and changes in the body's ability to regulate temperature. And since muscular contractions help keep bones strong, muscle loss can mean weaker bones.

"Remaining physically active goes a long way in helping older people maintain their muscle mass and their health," Dutta notes.

While aerobic exercise is important for cardiovascular health, it is strength-training exercise that can prevent and reverse sarcopenia. Research by physiologist Evans and others shows that although some age-related muscle loss is inevitable, much of the decline attributed to age actually comes from inactivity. "Muscles will get stronger in response to strength training no matter what your age," Evans says.

And for older adults who want to lose fat, increased muscle mass boosts the metabolic rate, which means the body burns more calories.

Evans advises adults to begin a program of strength training, two to three times a week, by age 45, when the rate of muscle loss begins to accelerate. Be sure to:

- Pick a weight that you can lift at least 10, but no more than 15, times, so it's heavy enough to strengthen your muscles.
- Exercise the major muscle groups in your shoulders, arms, legs, and thighs.
- Don't hold your breath. Exhale on exertion and inhale on release.
- Give your muscles sufficient time to recover by waiting 48 hours between strength-training sessions.

In addition, proper nutrition can help seniors maintain muscle mass. "Older people are less efficient at holding on to protein," says Evans, who notes that at least one-third of people over 70 are consuming at or below the Recommended Daily Allowance for protein. He advises seniors to consume between 1.2 and 1.5 grams of protein per kilogram of body weight; a 150-pound person would need 80 to 100

continued on page 84

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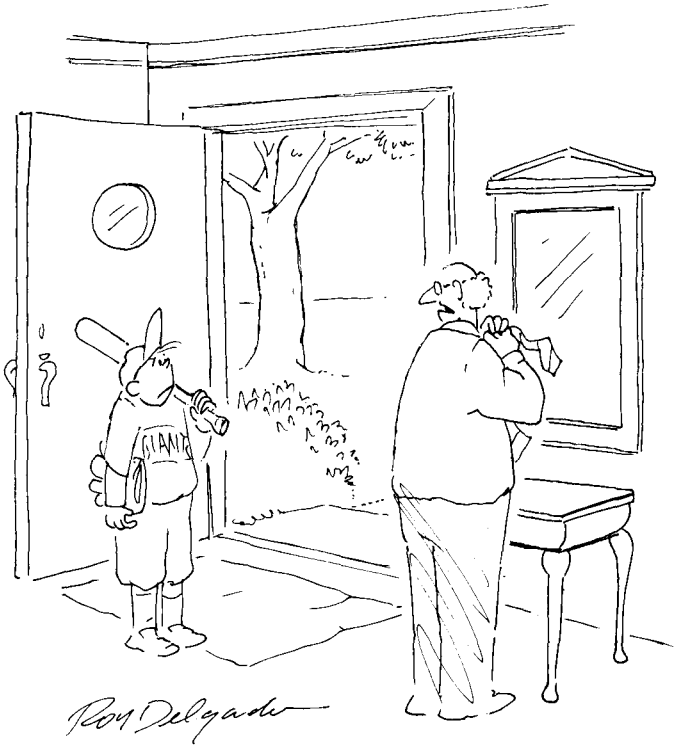
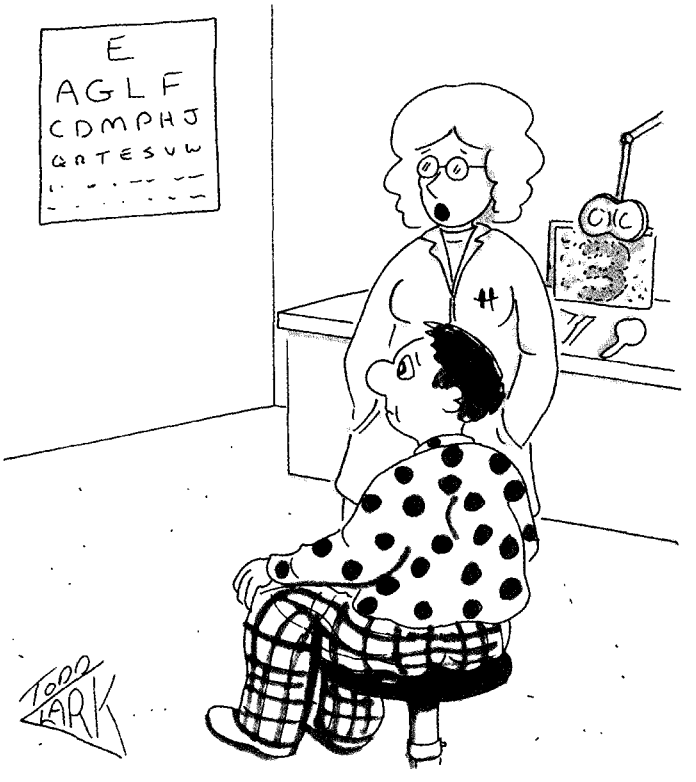
ULTIMATE IRONIES

"Your wife thinks you're a jerk?
I thought you said she didn't understand you?"

"I left my license at traffic court."



"I won't be able to attend your final game.
I'm giving a speech on family values."



"Mr. Peters, you have perfect
vision, which brings me to your outfit."

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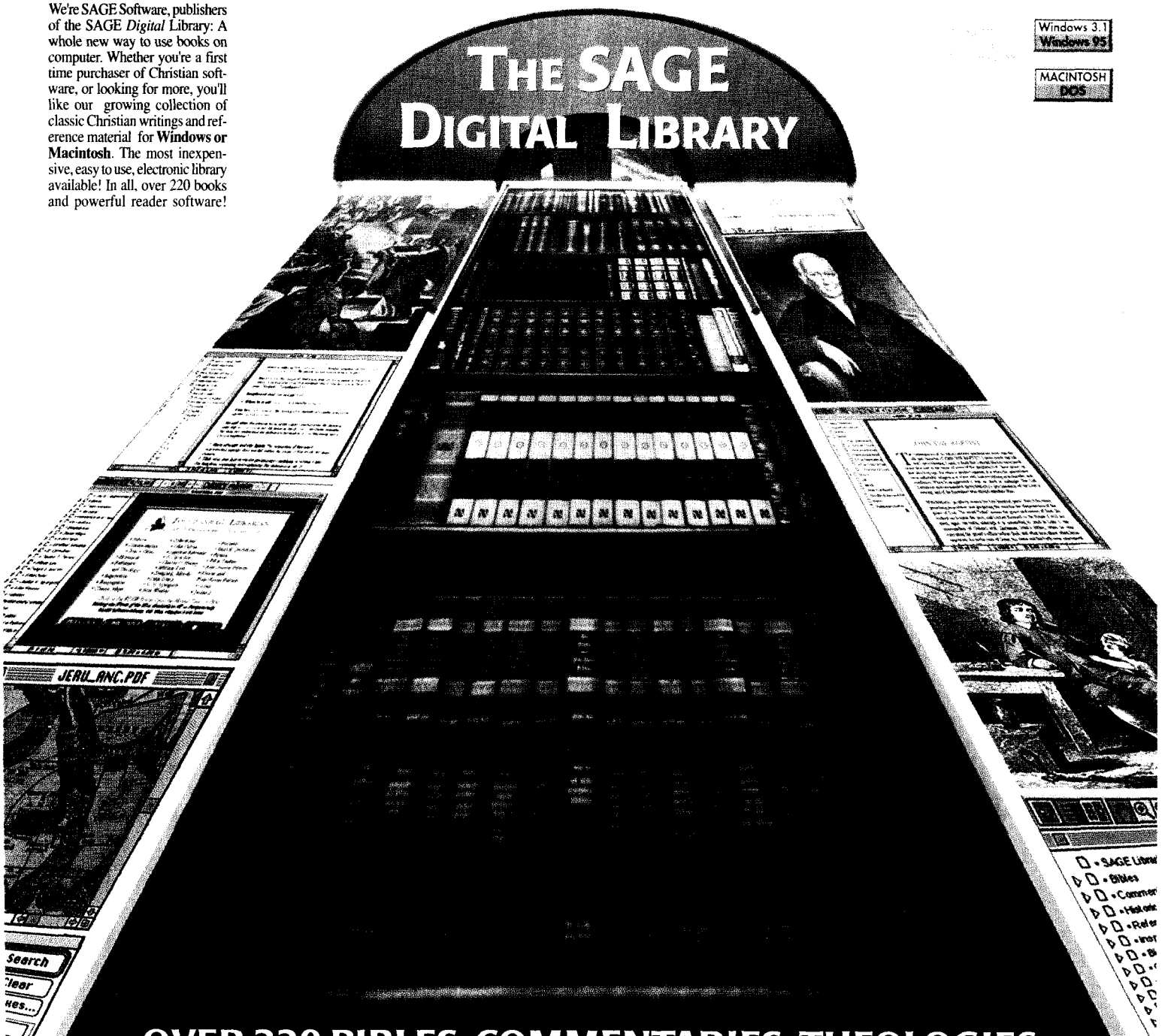

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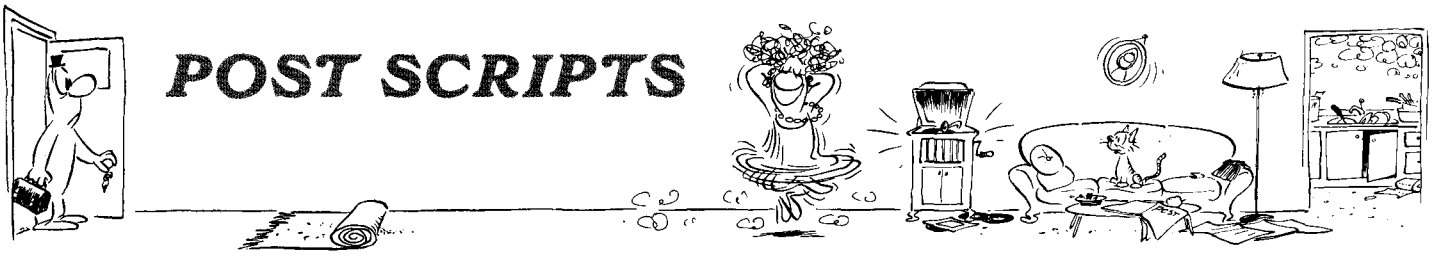

Advantages of Being First

Adam and Eve had a peaceful marriage. He never bragged about his mother's cooking. She never talked about the other men she could have married.

—Jack Eicholz

. . . Like a Charm

The group of friends sitting around my dining table was discussing weight gain and weight loss.

I remarked that when I was young I had to eat crackers and drink milk between meals to gain weight.

One woman, with barbed-wire wit, snapped, "It worked, didn't it?"

—Dorothy Verhoeven

Birds of a Feather?

A doctor visited an elderly patient in a hospital. The woman, expecting to see an orthopedic surgeon, asked the doctor, "Are you my ornithologist?" The doctor replied, "No, but I'd be happy to refer you to a cardinalogist."

—Herm Albright

A Real Dish

If what we are
Is what we eat,
I'm simple, plain,
No luscious treat;
I'm Monday's meat loaf,
Tuesday's stew,
And mashed potatoes.
What are you?

—Mary Elizabeth Raymond

Dance-Floor Decorum

I'd dance with my wife at affairs,
But some things do not tempt me:
Music that's too fast, too slow,
Or a floor that's crowded—or empty.

—Arnold J. Zarett

"Can I call you back some other time? Someone more interesting has just called on my other line."

Standing Their Ground

A U.S. Navy vessel, cruising off the coast of Nova Scotia, sent a message to a Canadian unit: "We are on a collision course; please alter heading 15 degrees to port."

Reply: "Please alter *your* course 15 degrees starboard."

Navy counter: "I am a captain in the U.S. Navy. We are a nuclear aircraft carrier. It is a very large warship. I insist that to avoid a collision, you must steer 15 degrees to port."

Reply: "If you don't alter *your* course, we'll have a collision. This is a lighthouse. Your call."

—Naval folklore

No Flower Bed

Planned communites are very hot.
Every inch is a garden spot.
But I had something my kids have not—
An inviting, weed-grown vacant lot!

—Roberta Strotkamp

Tied, Tried, and True

Wide neckties are in vogue and by
Their colors we are blinded;
I like the thin ones we once wore—
I guess I'm narrow-minded.

—Dick Emmons

Magnanimous Kids

Mother admonishes to share
Toys and books and bedroom lair,
But when the story's all told,
Gladly, they'll *only* share a cold!

—Nathalie Ketterer

One Down, One to Go

I was young and foolish once
And over the moon my cap I flung,
When I was young and foolish—
Now I'm no longer young.

—May Richstone

Fashion Tax

Folks talk about dressing for success,
A fashion I'd love to learn,
Such as how to have the shirt
on my back
After I've finished my tax return.

—Gil Stern

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Wait for the Returns

The empty nest syndrome
Scarce poses a quandary
Before full-grown nestlings come,
Bringing their laundry.

—Marilyn Downing

Hello—The Hidden Cost

Be grateful for your liberty,
The right to speak at will;
But really, this free speech isn't,
According to my phone bill.

—Ethel Pittman

Opposites Attract

He watches sports,
She likes ballet.
He stays up late,
She hits the hay.

He can't stand cats,
But she has two.
His type is red,
And she's a blue.

And yet they cope
(No flying fur),
For she likes him,
And he likes her.

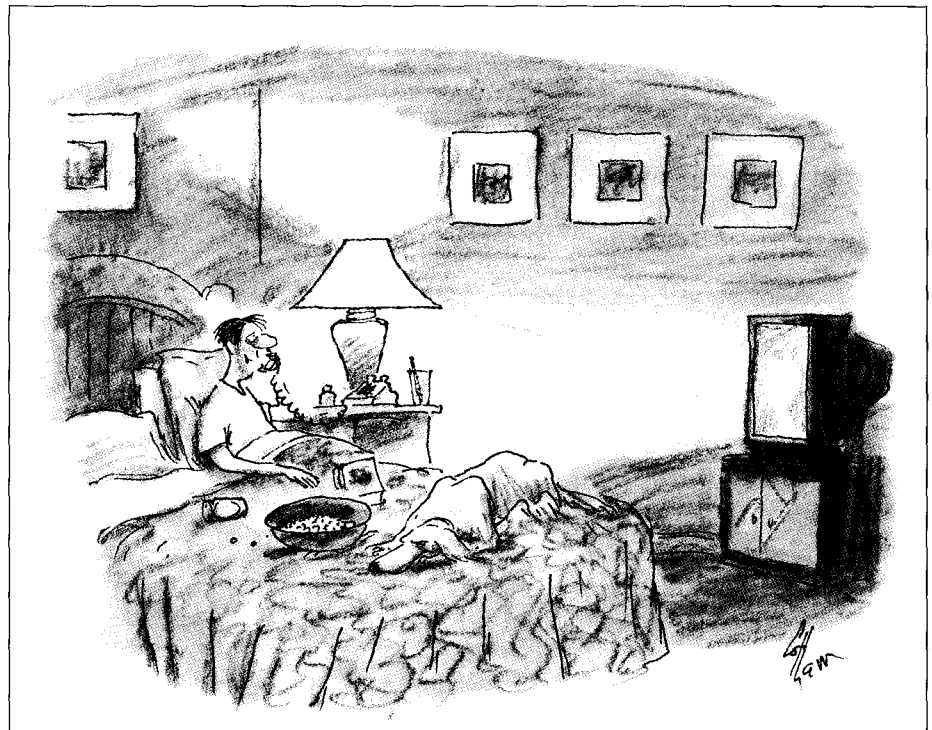
—Jean B. Boyce

Say Cheese

A husband and wife went on a safari in Africa. While they were walking through the jungle, a huge ape suddenly sprang out of the bushes and grabbed the startled wife. As the ape dragged her off, she shouted to her husband, "Shoot! Shoot!"

"I can't," the husband yelled out. "I ran out of film!"

—Henry Boye



"I heated the thermometer next to a light bulb so my wife wouldn't send me to work."

Natural Grace

She wobbles, she staggers;
She totters, she reels.
Oh, the exquisite joy—
The first pair of high heels.

—William E. Morgan

No Peeking

I had told my three-year-old repeatedly not to climb on a chair, because it wasn't safe. One day he surprised me by saying, "Mommy, please leave the room."

When I asked him why, his matter-of-fact response was, "You said you didn't ever want to see me climb on this old chair again."

—Patricia Hahn

Safe but Sorry

Someday the item I'm looking for
(As is usually the case)
Will be lost to me forever—
because
I put it in a safe place.

—Elizabeth Singleton

April Showers

April is a month
In which I could relax,
If it weren't for that infernal
Income tax.

—Martin Tonn

Middle Management

Middle age is when a man gets balder and bolder at the same time.

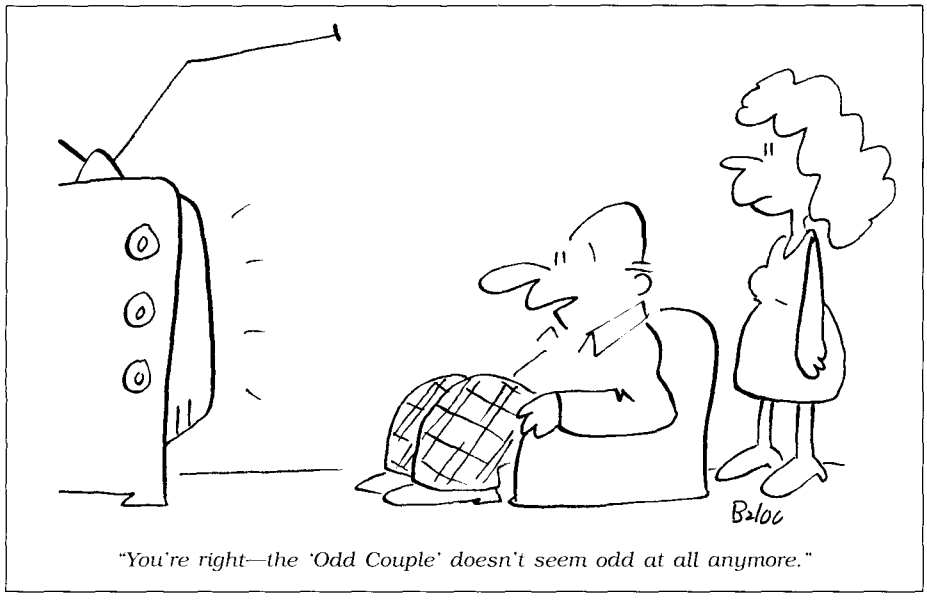
—Jacob Levin

Life à la Modem

Computer-wise,
My friends and I
Are really on the skids.

We'd shout with glee
If we could be
As savvy as our kids!

—Rosemarie Williamson



"You're right—the 'Odd Couple' doesn't seem odd at all anymore."

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GRISHAM'S LAW

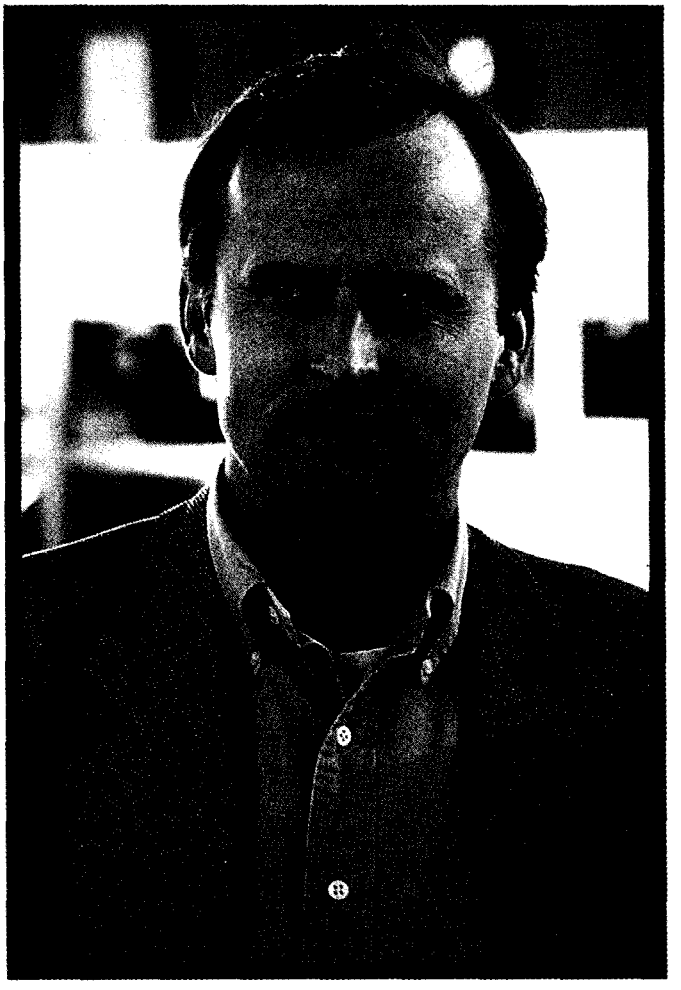
America's most successful attorney-turned-author builds a case for fast-action plots that support a slow-moving lifestyle with lots of Little League games and close shaves only on Sunday.

by Jennifer Ferranti

It looked like a John Grisham novel come to life. A small county courtroom in Brookhaven, Mississippi—population 10,600. A grieving widow pitted against a megabucks corporation in a wrongful death suit. And a handsome country lawyer oozing with humility, charm, and an unshakable determination to win, despite the odds. But in this case, the attorney with the disarming southern drawl was no John Grisham character. It was superauthor John Grisham himself.

After a five-year hiatus, Grisham recently returned to court to try the case of *King v. Illinois Central Railroad*. The celebrity attorney represented the family of John Wayne King, a railroad brakeman killed when pinned between two cars in 1991.

Grisham accepted the case shortly before his book *The Firm* hit the bestseller's list, prompting the small-town litigator to trade in his legal briefs for writing legal thrillers full-time. However, the phenomenal success that followed did not deter Grisham from fulfilling his earlier obligations—not even when preparing for this trial meant delaying publication of his next novel.



John Grisham draws on personal experience when creating his best-selling novels. The stories unfold in Southern settings, and the central characters are young, disenchanted attorneys who are bucking the establishment.

"I haven't done this in a long time, and I've got the jitters," Grisham sheepishly admitted to the potential jurors on opening day. He then went on to build his case step by step, arguing as vigorously and convincingly as any of his fictional characters might. After three days of testimony, the six-man, six-woman jury awarded Grisham's client $683,500 in damages—a large settlement for this neck of the woods.

"I'm tickled to death," Grisham remarked afterward. "It's the biggest verdict I've ever gotten." At least in the courtroom. Bookstores and movie theaters are another matter.

Grisham's seven bestsellers—*A Time to Kill, The Firm, The Pelican Brief, The Client, The Chamber, The Rainmaker*, and *The Runaway Jury*—have sold more than 60 million copies in 31 languages. Five of his books have been made into movies, for which box-office sales now exceed $750 million. His other two books will soon be movies, too: Grisham is currently cowriting the screenplay for *The Rainmaker* with director Francis Ford Coppola, and he just sold the movie rights to *The Runaway Jury* for a record $8 million. Furthermore, *The Gingerbread Man*, an original screenplay Grisham wrote just before he hit the bestseller's list, is now in production.

All of this translates into a megadose of fame, as well as quite a fortune. *Forbes* magazine ranks Grisham as one of the wealthiest entertainers in the world. Last year alone he earned $43 million.

Humble Beginnings

Nevertheless, Grisham contends he never set out to be a writer, no less arguably the most commercially successful author in history.

After earning his law degree from the University of Mississippi, Grisham set up a modest country practice in Southaven, Mississippi, a community of 25,000 just across the state line from Memphis, Tennessee.

Practicing law for nearly ten years, Grisham specialized in criminal defense and personal-injury litigation. However, he admits, "My law career was not very fulfilling. I was a street lawyer, one of a thousand in a profession that was and is terribly overcrowded. Competition was fierce; ethics [were] often compromised; and I could never bring myself to advertise."

Then, one day at the De Soto County courthouse, Grisham listened to the riveting testimony of a 12-year-old rape victim. The little girl's story inspired Grisham. For the next three years, he rose every day at 5:00 a.m. to write *A Time to Kill*, a novel about

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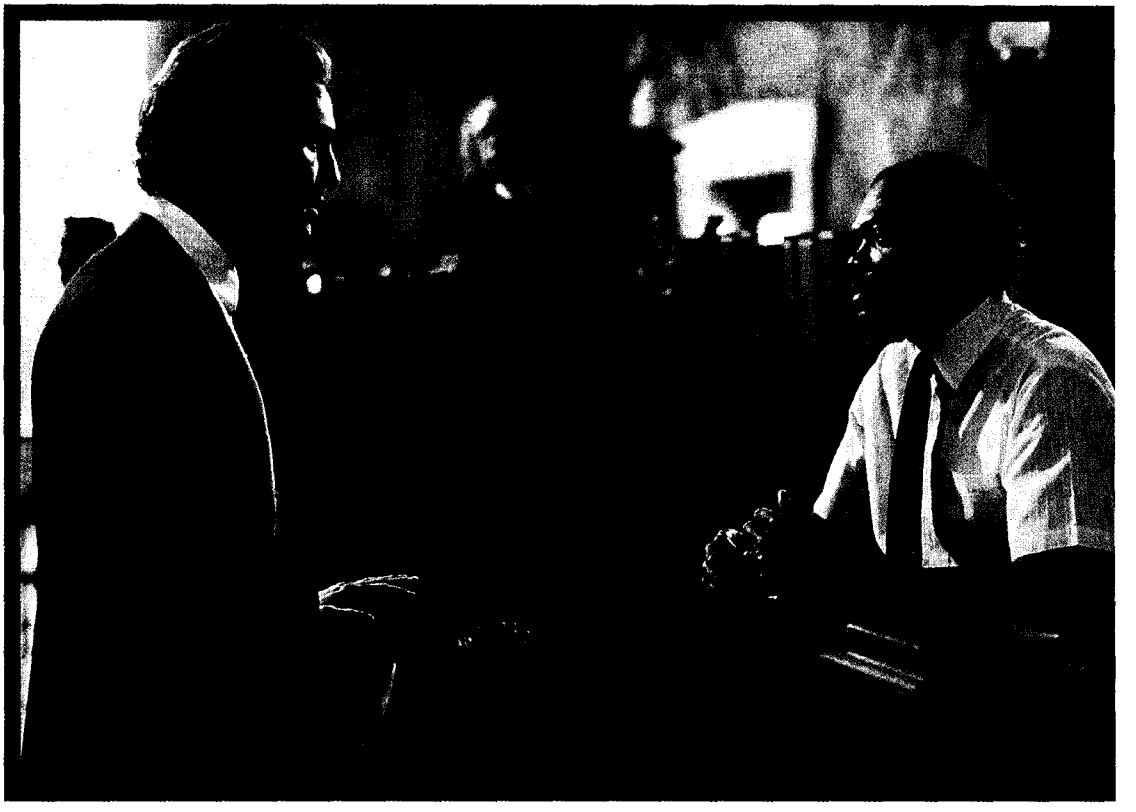
the retribution a black father seeks when his daughter is raped by a band of rednecks in a small southern town.

Grisham wrote that first book on a computer squeezed between the washer and dryer in the laundry room of his two-bedroom brick house, scribbling down the ideas that occurred to him throughout the day during court recesses. However, when his novel was finished, the response from publishers was one rejection slip after another.

Finally, in 1989, Bill Thompson—the same editor who discovered Stephen King—decided to take a chance on the aspiring author. Grisham was paid a mere $15,000 advance, and a modest 5,000 copies of *A Time to Kill* were printed—1,000 of which Grisham purchased himself, selling them out of the trunk of his old blue Volvo to anyone who would buy them. (Those first editions are now worth about $4,000 each.) Clearly, he couldn't quit his day job yet.



Some of Hollywood's hottest stars—Tom Cruise and Susan Sarandon among them—have been cast in the film versions of Grisham thrillers. Here, Matthew McConaughey and Samuel L. Jackson trade dialogue in the 1996 hit *A Time To Kill*.

So Grisham continued to work 70 hours a week—practicing law, serving in the Mississippi State Legislature to which he had been elected in 1983, and working on his second novel, *The Firm*. That book, however, captured the attention of Doubleday and garnered a $600,000 advance. The rest is history.

"One day I woke up and realized that I had won the lottery," Grisham says. "I walked out of my law office without turning off the lights, and I have never looked back."

Humble Faith

But that was not the most important day in his life, the author clarifies.

Grisham was born in Jonesboro, Arkansas, the son of a construction worker who moved his family around the Deep South, depending on where the work was.

"The first thing my family did when we moved was join the local Southern Baptist church," Grisham recalls. "My mother had us bathed and scrubbed and in church every Sunday. She is a devout Christian."

Grisham says he accepted Christ at the age of eight. "That was the most important event in my life," confirms the 41-year-old author whose Christian faith has served as his moral compass ever since.

"When I was actively practicing law, there were cases and clients I refused because of my faith," Grisham explains. "I didn't do divorce work because the laws are now such that divorce is too easy." He also says, "I turned down certain criminal defendants because I couldn't bring myself to believe them or fight for them." And he adds, "I did a lot of pro bono work for churches [that had] an assortment of legal problems."

"One day I woke up and realized that I had won the lottery. . . . I walked out of my law office without turning off the lights, and I have never looked back."

Today, Grisham's "clients" are the millions of readers who clamor for his next novel. He credits the success of his books in part to their wholesomeness. "I have never been tempted to resort to gratuitous sex, profanity, or violence," he says. "I couldn't write a book that I would be embarrassed for my kids to read a few years from now. Plus my mother would kill me."

Grisham suggests his books are also popular because instead of writing sophisticated prose to impress the critics, he employs fast-moving plots to please his readers. "I sometimes sacrifice narrative in a deliberate effort to turn pages," he explains.

David Gernert, Grisham's Doubleday editor as well as his agent, offers a few additional reasons why Grisham's novels sell on average a million more copies than his closest competitors: the public's continued fascination with the legal process, blockbuster movies that fan paperback sales, Grisham's ability to deliver a new novel every year, and the author's personal charisma. Known for his handsome face with the sexy stubble (Grisham shaves only once a week—before church every Sunday), Grisham was the only

continued on page 81

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POST BOOKSHELF

LIVING LIFE WITH LIVING FAITH

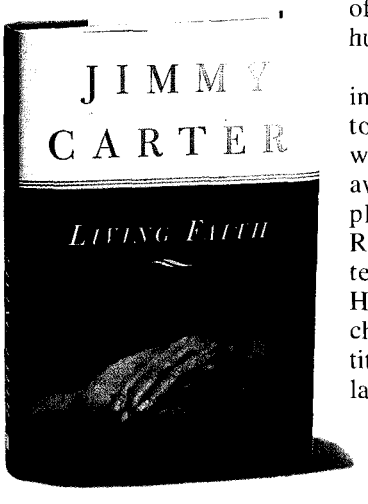
In an intimate, deeply spiritual autobiography, former President Jimmy Carter reveals how strong Christian belief has played an integral role in his public and private life.

by Maynard Good Stoddard

Living Faith
by Jimmy Carter
256 pages, Times Books, $23.00
($32.00 Canada)

For three decades Jimmy Carter has spent part of nearly every Sunday morning reading from Scripture and sharing his personal faith with neighbors, friends, and visitors at the Baptist Church in Plains, Georgia. Now he is sharing that faith with all who turn the pages of *Living Faith,* the 11th book by the 39th president of our United States.

"It was a very difficult book for me to write, intensely personal," Carter explains. He refers to making major decisions—even to running for the Georgia senate in 1962—without first consulting his wife, Rosalynn. He confesses that for two years in the 1980s, he was estranged from his son Jack, "who told me with tears running down his cheeks that I almost destroyed his life when he was a child."



Intensely personal? "This is a book about experiences that have shaped my life," Jimmy Carter writes, "and how the religious beliefs I have inherited have been transformed into a living faith. I have waited a long time to write these words, because religion is a private matter—and my own faith has been the subject of much public speculation. Yet I think that my close relationship with God is something I share with many Americans of different traditions."

In the book's 256 pages, Carter describes how his faith found its deepest expression in a life of compassion, reconciliation, and service to others. Page after page is filled with stories of people whose lives touched his, from Depression-era Plains, where he learned his Sunday School lessons in his father's classroom, to his years as an ambitious naval officer, to his bittersweet days of early marriage, and to the young couple's painful clashes with friends and neighbors over the bitter legacy of racial prejudice.

"Somewhat to my surprise, this has been a book whose core is love," Carter writes, "the love that is possible among those who are closely related, among strangers allied by a common cause or faith, and even between people who begin by despising each other but find a way to see the image of God in each other's humanity."

In the chapter "Faith in Action," Carter refers to Revelation 21:4, where God will wipe away our tears, in explaining why he and Roselynn built the Carter Center and how Habitat for Humanity changed the Carters' attitude about how to relate to those who really need help. Habitat uses the "theology of the hammer" or the "economics of Jesus," and it has completed homes for more than 50,000 needy families in about 1,500 communities in the United States and 45 foreign countries.

There is no charity involved if "free handouts" is the meaning of *charity*, Carter writes. Habitat homeowners must contribute about 500 hours of work on their own and neighbors' houses, and they must also repay the full price of their homes. It's true, Carter writes, that he often "works to exhaustion" building a house alongside the family who will live there.

"Christ was a doer," Carter reminds

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us, "one whose faith took the form of action, not merely words. To me, *faith* is not just a noun but also a verb. If we have faith, then we must show it by how we live, what we do."

And show it he does. In spades. In hammer and nails. And in the Carter Center, which takes up where the World Bank, UN agencies, the U.S. government, or Harvard University leaves off. Concerning ghetto areas of great cities, American Indian reservations, and Third World villages, the center addresses the "potential benefits from programs among some of the world's poorest people."

"Too often we think about evangelism only as preaching the Gospel," Carter writes. "But there is also a powerful ministry in the alleviation of suffering; reaching out in harmony, respect, and partnership to others; and sharing life."

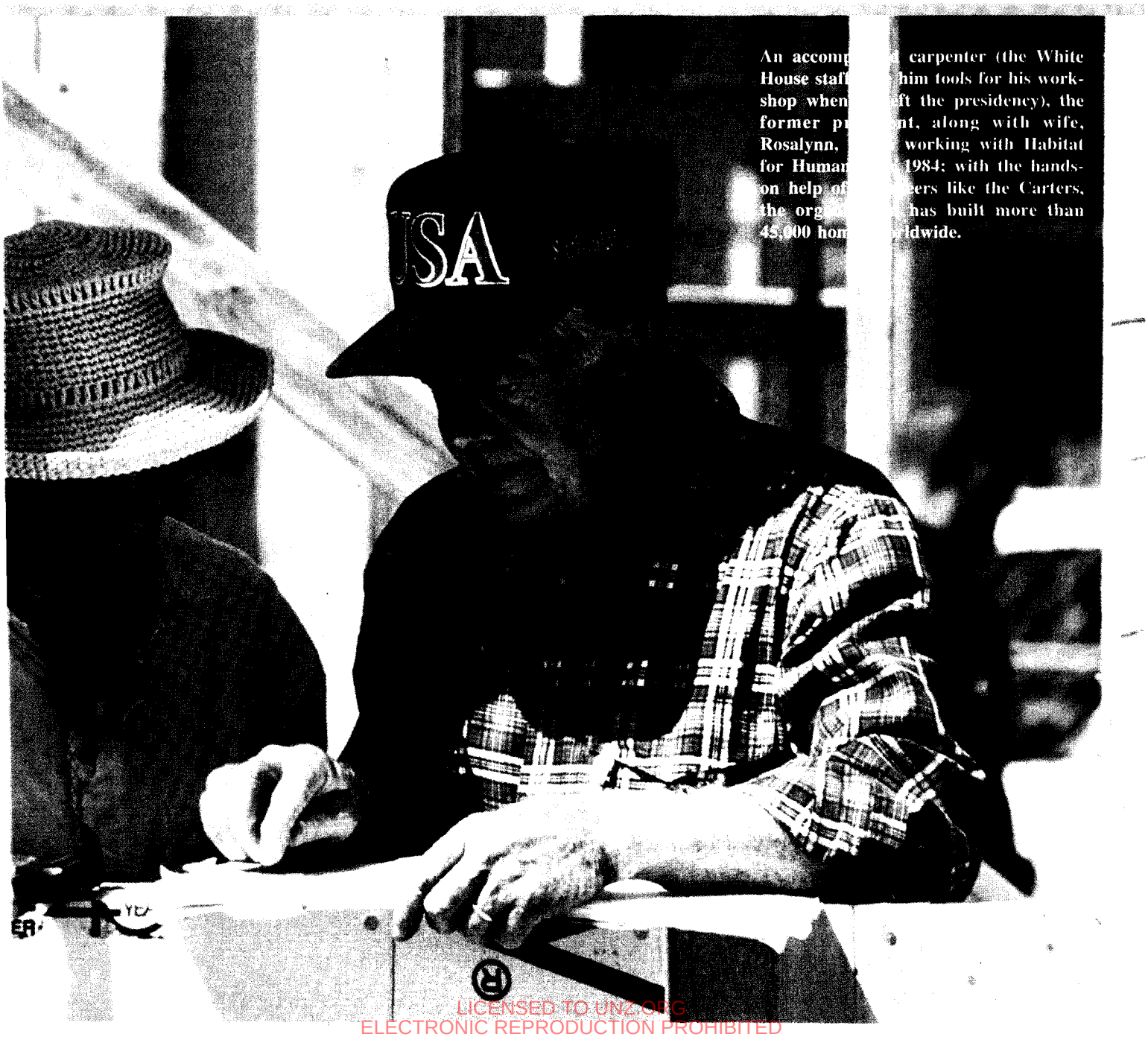
"I have waited a long time to write these words, because religion is a private matter—and my own faith has been the subject of much public speculation."—*Jimmy Carter*

"Faith in Action" is but one of 11 chapters that constitute this in-depth look at expanding the meaning of forgiveness, service, and love—all in a practical way—and, in the process, finding personal peace and freedom.

If you are a stranger to the writings of Jimmy Carter, you may be surprised at the emotional impact of "To My Wife, Rosalynn," the poem that establishes the theme of this devoted work on love and achievement. The final verse:

"With shyness gone and hair caressed with gray, her smile still makes the birds forget to sing and me to hear their song."

The book, available in bookstores nationwide, closes with the summation that comprehending the problems of troubled people is like eating peanuts—if we can decide to be adventurous and generous once, it may be hard to stop!



An accomp carpenter (the White House staff him tools for his workshop when ft the presidency), the former pr nt, along with wife, Rosalynn, working with Habitat for Human 1984; with the hands-on help of ers like the Carters, the org has built more than 45,000 hom rldwide.

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RELIGION

MINISTERS OF MUSCLE

With spectacular feats of strength, a group of Christian athletes turns kids away from drug use, violence, and suicide.

by Richard Daigle

As policemen firmly secure the wrists of the muscular blond-haired man, the crowd in the tent at Landmark Church grows noticeably quiet. Thirty-four-year-old Keenan Smith readies for yet another feat of strength. Using only brawn and will power, he will attempt to break free from two pairs of steel handcuffs.

The stocky evangelist, clad in red-and-black warmups with "Power" emblazoned across the back, begins twisting his arms and upper body. He grunts as he applies force against the links of steel. His face turns deep red. Finally he stops and glances at his colleague with a look of resignation.

"Come on, Keenan! You can do it!" the other strong man urges. Like a fighter answering the bell, Smith attacks the cuffs again, rising to his toes. This time the quiet is pierced by a loud crack as the links of steel give way, followed by thunderous applause and shouts, as grinning teammates rush over to embrace him.

It's all in a day's work for the Power Team, a Dallas-based ministry that is packing churches and school auditoriums around the country.

Using muscle power and blaring Christian rap, these modern-day Samsons from the John Jacobs Evangelistic Association reach out to young audiences to deliver their message: Say "no" to drugs, suicide, and teen sex, and say "yes" to academic excellence, clean living, and to God.

The Power Team bills itself as "the world's greatest exhibition of power, strength, speed, inspiration, and motivation." Its members reach millions through personal appearances and "Power Connection," their weekly TV program that airs in ten countries.

The Power Team's "hook" is simple: when people see a man rip three license plates or a four-inch-thick phone book in half with his bare hands, break through several feet of granite or ice blocks with his head, or press a 300-plus pound log—in flames at both ends—over his head, they want to hear what he has to say.

Smith, who can tear two decks of cards in half with his bare hands, says it's only the fourth time he's broken two

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pairs of handcuffs. But, he says, "I don't worry much about failing anymore. You don't win every night; you don't win every game."

"We're not here to try to impress you with how many muscles we have," the 36-year-old Jacobs tells the Georgia crowd. "All that matters to us is the message. When the show is over, you're the same. But when God touches your life, you'll never be the same."

Jacobs, who stands 6'4" and weighs above 300 pounds, founded the ministry in 1980 while attending Bible school. When he conducted evangelistic meetings at a prison, the warden suggested he perform some feats to draw a crowd. The results were immediate—attendance soared from 15 prisoners to 700.

"I continued to use [feats of strength] for God, and God blessed [them]," Jacobs says.

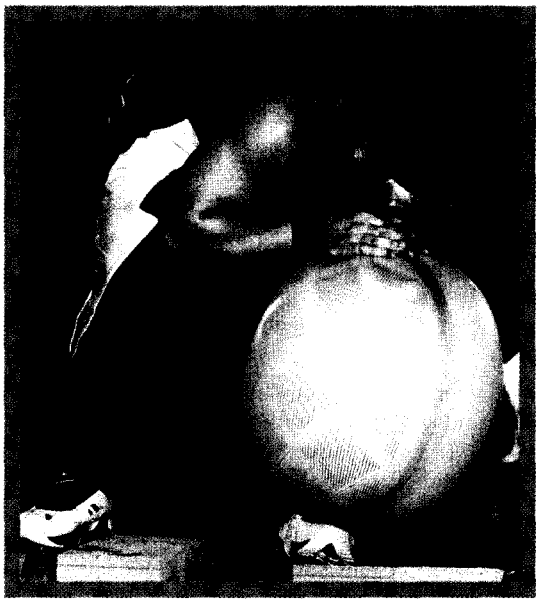
The scripture verse that has guided his life, he says, is Matthew 6:33: "But seek ye first the kingdom of God, and all these things will be added unto you."

Nevertheless, Jacobs describes himself as a shy person who never made plans for a grand ministry. Almost every day, he says, he phones his own pastor, no matter where he happens to be preaching.

The first night of the Georgia crusade produced a story common to Power Team meetings. An offering envelope returned with a note that read, "I was thinking about committing suicide, but because of the Power Team, and what I heard, you changed my mind."

Power Team ministers appear at hundreds of schools each year sharing a secular message of academic excellence and denouncing drugs, teen sex, and bad friends who are "dream breakers." Often they hear heart-rending stories: the girl whose sister was killed for her shoes, the three girls who came home to find their father hanging himself, the high-school student who became pregnant by her brother. But many of these tragic stories have endings of hope. One girl whose boyfriend encouraged her to have an abortion decided to keep her baby and give up the boyfriend. At another school a student drug dealer vowed to change his ways after a Power Team meeting.

The Power Team will deliver its message at some 800 school assemblies this year. John Jacobs (center, top) started the program as a prison ministry in the 1980s.



Safety goggles in place, the Power Team's Keenan Smith blows a hot-water bottle up to the bursting point . . . and beyond.

At Chamblee High School in Atlanta, a National Blue Ribbon School of Excellence with one of the nation's top academic rankings, students were captivated as Keenan Smith and Andrew Mincey broke baseball bats, squeezed cans of soft drink until they exploded, and inflated hot-water bottles until they burst.

When people see a man rip three license plates or a four-inch-thick phone book in half with his bare hands, they want to hear what he has to say.

"A girl deserves more respect than the back seat of a car," Smith told students, adding, "true love *waits*." He then shifted gears and told about going to the funeral of his cousin and her mother, who were both killed by a drunk driver.

"I stood at those twin caskets, and not one [beer company] representative showed up to say, 'It wasn't supposed to go down this way,' " he said.

Dr. Martha Reichrath, principal at Chamblee, called the assembly "absolutely outstanding." The next day in the hall, she met with a student who had been struggling with drugs and alcohol and asked him what he'd learned.

"I know what they're saying," he told her. "And I listened."

For their own part, Power Team members come away from a crusade with a feeling of accomplishment, besides plenty of cuts and bruises.

"I'm more beat up doing the Power Team than I ever was playing professional football," says Todd Keene, a 6'6", 300-pound former member of the University of Miami national championship football team, who later joined the Indianapolis Colts. He holds up a pair of hands scarred by cuts sustained from razor-sharp shards of ice.

Serious injuries, fortunately, are rare, but there are occasional "bloopers," feats that don't work as planned. The Power Team breaks some 6,000 Louisville Slugger baseball bats per year. "There's not a bat alive that has beaten John Jacobs," says Power Team road manager Brandon Hensley. However, Jacobs drew a bat once that wouldn't shatter. He passed it around to team members. When it came back around to him, he struggled but finally snapped it. "It sounded like a firecracker going off," Hensley says. The bat, they later learned, had been kept outside in a baseball coach's backyard for 17 years—the wood was hard as rock!

Often besieged by autograph seekers, The Power Team members always accommodate their fans, but they make it clear they're not interested in promoting themselves. The spotlight, they say, should be on their message.

Jacobs preaches so passionately that after the Georgia meeting, he is exhausted and must be helped to his car. When asked how long he can batter himself three weeks out of every month on the road, Jacob replies, "I predict I'll do the Power Team until I'm 60." But then he thinks of Jack LaLanne, the famous fitness guru, now 82, and recalculates. "I'd like to do this until I'm 80. Maybe I will," he says, pausing. "It's too powerful a tool. We're reaching thousands of people the church doesn't reach." ★

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HAIR TODAY... GONE TOMORROW

The very hairs of our head may be numbered,
but why do they become easier to number each day?

by Maynard Good Stoddard

Illustrated by Don Trawin

Pardon me for getting nosy, but are you among us of the "silver" generation? I mean, is your scalp beginning to show through? Is the part in your hair already six inches wide? And would you like to get to the root of the problem?

What luck. That's the very topic of today's treatise.

You likely know that, according to Matthew 10:30, the very hairs of your head are numbered. But did you know that the very hairs of your head are becoming easier to number by the day? Fifty to 150 easier, according to the hair people. So what we are going to look into is how to deal with this daily hirsute erosion.

If you're in no particular hurry, let us turn back to 1150 B.C., the era when Egyptians were attempting to encourage the recurrence of hair by smearing their bald spots with everything from—you name it. OK then, I will. We're talking about fats from the ibex, the lion, the crocodile, the goose, and the hippopotamus. Still more imaginative attempts included the ingesting of burned hedgehog prickles immersed in everything from fingernail scrapings to a mixture of honey, alabaster, and red ochre.

How these concoctions affected hair growth is left to our imagination.

By the year 420 B.C., Hippocrates, "father of modern medicine," certainly no slouch at the game, had advanced the treatment of hair-loss prevention to applications of a mixture comprised of opium, horseradish, pigeon droppings, beetroot, and assorted spices. The precise recipe, unfortunately, has been lost in the shuffle of time.

This brings us to Hannibal, one of history's great military leaders, who couldn't be bothered with such nonsense. He chose to save time simply by slapping on a toupee. His strategy, we assume, was to go into battle wearing one of these dispensable throw rugs, thereby appeasing an adversary wanting his scalp by handing it over, and getting on with the skirmish.

If I may now be allowed to take a breather, my only close encounter with a toupee was with one on the head of a golfing buddy. Before the dance at our club one Saturday night, he talked me into sneaking out our sticks and playing the 18th hole, teeing off from number one. During his chip shot, he took such a healthy swing that his toupee flew off—and in the semidarkness, he mistook his divot for his hairpiece. One look from his wife as we came under the bright lights inside the clubhouse, and—well, they didn't stay long at the dance.

Getting back to it, the toupee caper was finally shot down in A.D. 100 when the church temporarily declared that wearing someone else's hair was a mortal sin. Not up there with murder and adultery or those other biggies, but still a definite no-no. It remained for Louis XIII, at age 24, to risk the fires of hell by employing a hairpiece to camouflage his lengthening forehead. In the face of a possible one-way ticket to the bottomless pit, wigs suddenly became high fashion. To be "in" in the 1600s, a head had to be capped by a mound of adorable white curls.

Not for another 200 years did the "in" go out. This allowed the English just enough time to come up with a sure-fire solution for heading off the dreaded "shiny scalp." You guessed it. Where else in the world would men try jolting slothful hair follicles by rubbing their accommodating pates with cold India tea, followed, of course, by fresh lemon? Why throw out perfectly good tea and a lemon still nursing a little juice when they could be slathered on the old bean, right? The commoners, economically deprived of tea and lemons, believed they could achieve the same desired effect by fertilizing their scalps with fresh chicken droppings.

Right about here you may be saying to yourself and to anyone else who will listen, "Thank heavens those days are over." Sorry, but you are jumping the gun.

Yep. Our source tells us that men are still waxing their sunburned noodles with camel dung mixed with bear grease (not yet generic, as far as we know). Other men rely on warm oil (I'm guessing 10W40) to help stimulate the blood flow. Millions of dollars continue to go down the drain each year with the shampoos,

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hair sprays, and bogus lotions. Men currently are dabbing their frazzled follicles with an alleged remedy promising the return of their once-flowing manes, only to find that, in most cases, their heads don't return so much as an outcropping of detectable fuzz.

So what are men to do? Specifically, what am I to do? My dear wife, Lois, as I call her, at one time spent most of her waking hours running her hands through my luscious dark-brown locks, murmuring how luscious they were. Now she doesn't hesitate to swat a fly on my ever-expanding forehead while breaking the news that I am losing my hair.

I counter by pointing out that by losing 50 to 150 hairs a day (see above), at my age I should have been entirely bald around 235 B.C.

While she's working on that, you might as well be working on this:

Hair grows about an inch a month. After two to six years, into the comb or down the drain it goes, never to be tousled again. And your head now becomes ripe for a permanent fly runway? Not necessarily.

With Lois distracted by counting on her fingers over that 235 B.C. date, I will add the encouraging news that a new hair shaft eventually begins to sprout from deep within the hair follicles, thus beginning a new growth period.

Why, then, I can hear you thinking, *am I* (meaning you) *losing my cotton-pickin' mane, for Pete's sake?*

In a nutshell—if you'll forgive the insinuation—you are balding because of what the experts, to display their expertise, have chosen to term *androgenetic alopecia* (enough to cause hair loss right there). What they're talking about is heredity, hormones, medical disorders, excessive bleaching, dyeing, too much sunlight, too much vitamin A, crash diets, stressful events, you name it. Never mind, I've already done so.

Does all hope, then, go down the drain with the daily 50 to 150 strands of my once-golden locks, you ask? Must I choose my ancestors, go outdoors only after sunset, keep my own spouse to avoid the stress of divorce, etc? Don't be silly. (I know; who am I to talk?)

Anyway, let's say you have a number of those gilded strands still clinging to your skull. Let's say you borrow your dear wife's blower and direct it toward them. If they don't blow off in the process, chances are you'll create the illusion of more hair by fluffing them up.

Hair weaving will also add volume. The one problem with this strategy is, it will reduce the volume of your bank account to the mournful tune of $200 to $400.

Should your bank account have the health to withstand an epidemic of $350 to $1,400, you might consider having synthetic or real hair sewn on individually—guaranteed to last for three to four years.

Or you can sell the farm and try the surgical procedures. I refer to transplants (taking plugs of 6 to 12 hairs from the back of the head—where people won't notice until you are leaving—and grafting them to the front). I refer to scalp reductions (whatever they are) and transposition flaps (another puzzler, but I'd suggest you not try it at home). In addition to big bucks, be prepared also for the biggest headache of your life.

But don't go pulling out your remaining hairs yet.

Within a few years, promise the experts (remember the experts?), baldness will be obsolete. They refer to camouflaging receding hairlines with "Temple Ticklers" and black and brown sprays—on the order of shoe polish, we assume—to darken bald areas. Hair pieces will almost magnetically be secured by chemically tested synthetic fiber. No more having to use a putty knife to remove the thing at night.

Finally (and about time, right?), 2001 has been designated as the year when wigs will be worn with pride, primarily as fashion accessories, for every occasion—work, dress, dancing, ball games, etc.

Which brings up a word of warning: Wigs of horsehair and goat's hair are going to be passed off as the real thing. To test if a wig is 100 percent human hair or synthetic, pluck a few strands and hold them over a lighted match. Synthetic hair burns rapidly and has no odor. Human hair burns slowly and smells like chicken feathers.

P.S.: If your 100,000 hairs are still intact, I'm sorry to have wasted your time—and mine. As for Lois, she dozed off back there around 420 B.C.

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70 Years Ago in the Post

PLEASE PASS THE IODINE!

by Woods Hutchinson, M.D.

Editor's Note: The linking of iodine deficiency to goiter, cretinism, and endemic low IQ was one of the great American medical discoveries of the 20th century. The dramatic story was chronicled in 1925 in a classic Saturday Evening Post *article by Woods Hutchinson, M.D. More than 70 years later, Hutchinson's musings about salt, iodine, and mankind remain fascinating reading, especially because iodine deficiency still plagues millions around the world. Lack of iodine is the largest preventable cause of mental retardation worldwide.*

Part I of III

It has always been one of the puzzles—one might almost say mysteries—of physiology why salt plays and has always played such an extraordinary part in our diet, and why all men everywhere, in all times, have craved it so eagerly and insisted upon having its pungent taste in their food at no matter what cost. It is not a food, in the sense of giving off energy or heat to the body, because it has none itself and is not broken down in the body, but passes through the whole system and out again unchanged as it entered. Yet cut off the supply and we become as restless and uncomfortable and generally miserable and inefficient as though we had been deprived of bread or meat or potatoes. Now we are beginning to suspect that half our mysterious craving for its savor and salty tang is due to the brown witch Iodine, who rides inland with it on the spray of the same stormwind.

The salt tax has always been one of the cruelest and one of the most valuable and easily collected of all the taxes and monopolies of both classic and medieval times, because people simply would not go without salt.

Nor is the craving in any sense a morbid or imaginary one, although it has frequently been denounced as both. One of the most vivid and interesting instances of its intensity and genuineness was furnished by a brigade of Stonewall Jackson's famous

The Morton Salt Company pioneered putting iodine in salt, while surgeons throughout the Midwest were busy removing large goiters caused by iodine deficiency.

light infantry, during the Civil War, whose astoundingly rapid and prolonged marches had given them the name of "Jackson's Foot Cavalry." This was no mere figure of speech, for they actually beat and tired out crack cavalry corps in one or two of their extraordinary races. Like the troops of Garibaldi and other born commanders, Stonewall's men traveled absolutely unencumbered by baggage, with nothing but their rifles and ammunition, and in cold weather a blanket, and what food they could carry in their haversacks. In one remarkable march across the mountains and down into the Shenandoah Valley, his racing infantry ran completely out of food, and for the last three days subsisted entirely upon green corn, which they picked in the fields and roasted in their camp fires. When they burst like a thundercloud upon the astonished and unsuspecting enemy, who thought them a hundred miles off, and sent him flying up the valley, leaving all his supplies behind him, the first thing that they rushed for among the supplies was neither meat nor bread nor sugar, but salt. They flung themselves upon the barrels, split them wide open and snatched up the priceless condiment by handfuls, crunching it down as if it were the finest of bonbons or candy. As an observer remarked, they were just as crazy for salt as colts in a clover pasture.

Wrong Guesses at the Truth

As soon as modern science arrived and began to make a systematic study of the diet, figuring out a rational basis for our likings for different kinds of foods and flavors, it began to speculate upon the why and wherefore of salt on the menu. Not only do we insist upon its taste in most of our foods, but it is the only regular food condiment which we will not trust to the discretion of the cook, but insist upon having on the table in order that we may adjust its proportions to each of our own individual likings.

The first and most natural supposition was that our food did not contain enough of it to maintain our bodies in health and make good the daily drain from the body by the kidneys. But forty years ago Bunge showed by a series of careful and painstaking tests that the materials of an average diet, in their raw or uncooked state, contained quite sufficient salt to supply the daily need of the body. And a further puzzle lay in the well-known fact that carnivorous animals living almost entirely upon flesh had very little craving for salt, because the blood and muscles of their victims contained a sufficient supply, while herbivorous animals, such as deer, cattle, buffalo and the like, had a strong craving for salt and would travel long distances to salt licks or salt springs in order to obtain it. But an analysis of the grass, hay and grains which made up the food of the grazing animals showed that these, too, contained salt in almost adequate amounts for the requirements of the body. So that he had to devise a labored and rather clumsy explanation as to its being needed to neutralize the large amounts of potash salts which were present in leaves and grains.

In other words, our salt craving, as well as that of the animals, was appar-

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ently as absolute a mystery as it had been in the beginning.

Of the reality of it no one in the early days could be in the slightest doubt, for one of the gravest fears that the hardy pioneers after and under Daniel Boone felt about crossing the mountains and going over into the fertile paradise of game and fish beyond was that they would be going too far away from their salt supply on the coast. So the finding of the famous salt licks and springs of Kentucky, Indiana and Southern Michigan was one of the greatest factors in making quick and safe the settlement of the Mississippi Valley.

What Michigan Owes to Salt

The unkind use made of these salt licks and salt springs by the pioneer hunters, lying in wait to shoot down the deer which came to drink the water or lick the exposed salty rocks, was only a very small and romantic fragment of their value and importance to the white settlers. They, too, felt the cosmic urge of the salt craving and flocked to the springs for their supply of salt as eagerly as the deer had for millions of years before them.

As the pioneer settlements spread west and northwest like mushrooms, and the population of the Middle West and Great Lakes areas became denser, these mild surface leakages of salt became inadequate to meet the demand and attempts were made to increase it by boring deep wells into the lower strata. Then curious things began to happen.

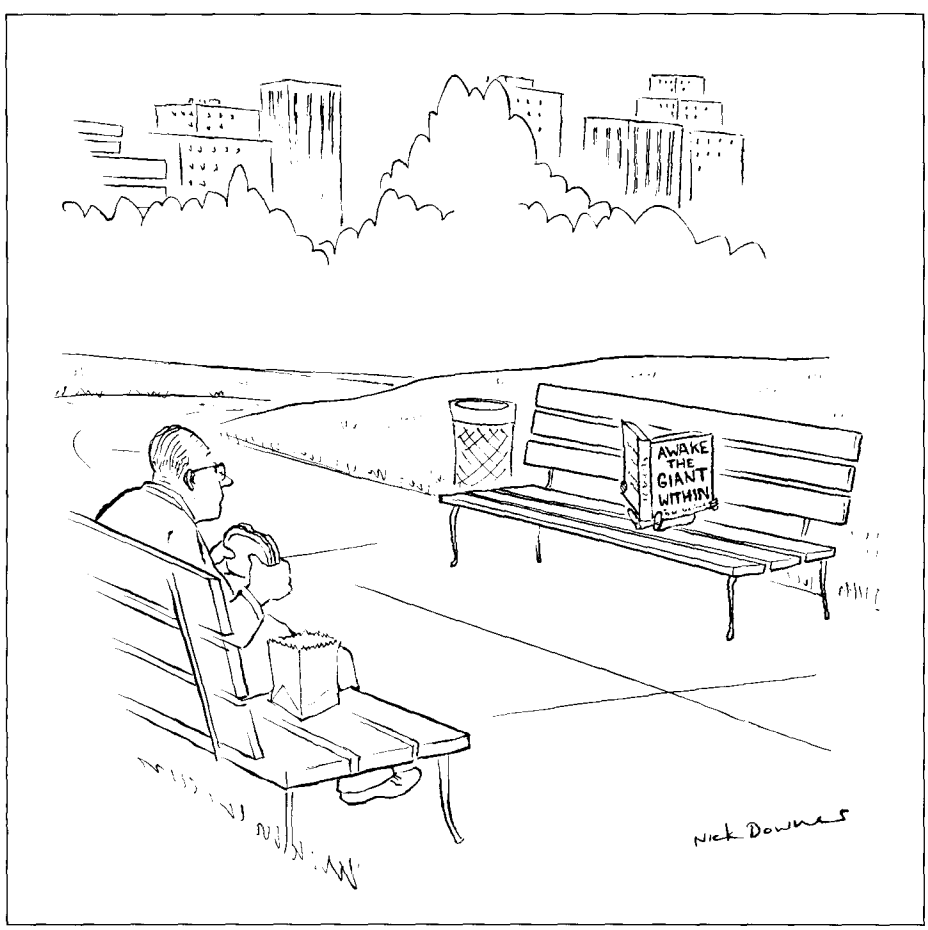
One such boring in a lakeside state scored a partial success by tapping an abundant flow of water fairly stiff with salt; but when it came to be collected for purposes of filtration it was found to be so nauseous and bitter, so full of brownish coloring matter, as to be almost incapable of purification for human use with the rough methods of that time. So the well was reluctantly abandoned and turned over to the farmers near whose farms it was bored, to be used for watering their cattle and sheep.

Now it so happened that in that district farmers had been unable to grow their necessary supply of wool by reason of the fact that sheep simply would not thrive. Grown sheep brought in from other districts did fairly well, but just as soon as lambs began to be born, instead of sturdy, active youngsters, the majority of them came into the world feeble, deformed and imperfectly developed, affected often by a curious type of apparent paralysis which rendered them unable to walk.

Such had been the experience of the farmers in the neighborhood of this salt well. But to their surprise and delight, as soon as their sheep were given access to the bitter brown water of this deep salt well they began to pick up at once. The next crop of lambs was fully formed, vigorous, and healthy and the region became perfectly fit for the breeding and production of sheep.

A short time later improved methods for the purification of brines and the production of a whiter and more attractive table salt were invented, and another company took courage to attack this bitter well by the new methods. To their great gratification they succeeded in filtering off the dark color and nauseous-tasting element in the water and leaching out a good supply of pure, white, crystallized salt, which was put upon the market and had an excellent sale. They had a dark-brownish residue of bitter taste; and with a praiseworthy desire to utilize their product, they left enough of the coarser and less pure salt to crystallize and form a reddish-brown product known as rock salt or cattle salt, and put that on the market for the use of sheep and cattle raisers. And everywhere it was used the story of the original well repeated itself. Grown sheep recovered their health and lambs were born strong and sturdy, and Michigan again became a wool-raising and wool-manufacturing state.

But it proved to be a literal casting of our pearls before swine—or rather sheep. For there was another side to the shield not at all so cheering. Ever since the dawn of history there has been known in the human family a curious disease marked by striking overgrowth and enlargement of the great gland in the front of the neck. This gland is called the thyroid, from the Greek word meaning "shield," because it lies just below and on either side of the great voice box, or Adam's apple, whose cartilaginous or gristly sides are supposed to resemble the triangular shield of the Greeks. It is probably one of the oldest diseases on record, for the good and sufficient reason that it does not require crowding together in villages or cities to develop it, but on the contrary is an affection chiefly



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of remote mountain valleys. Also, a goiter the size of a muskmelon hanging under a man's chin is enough to catch the dullest eye.

An Important Discovery

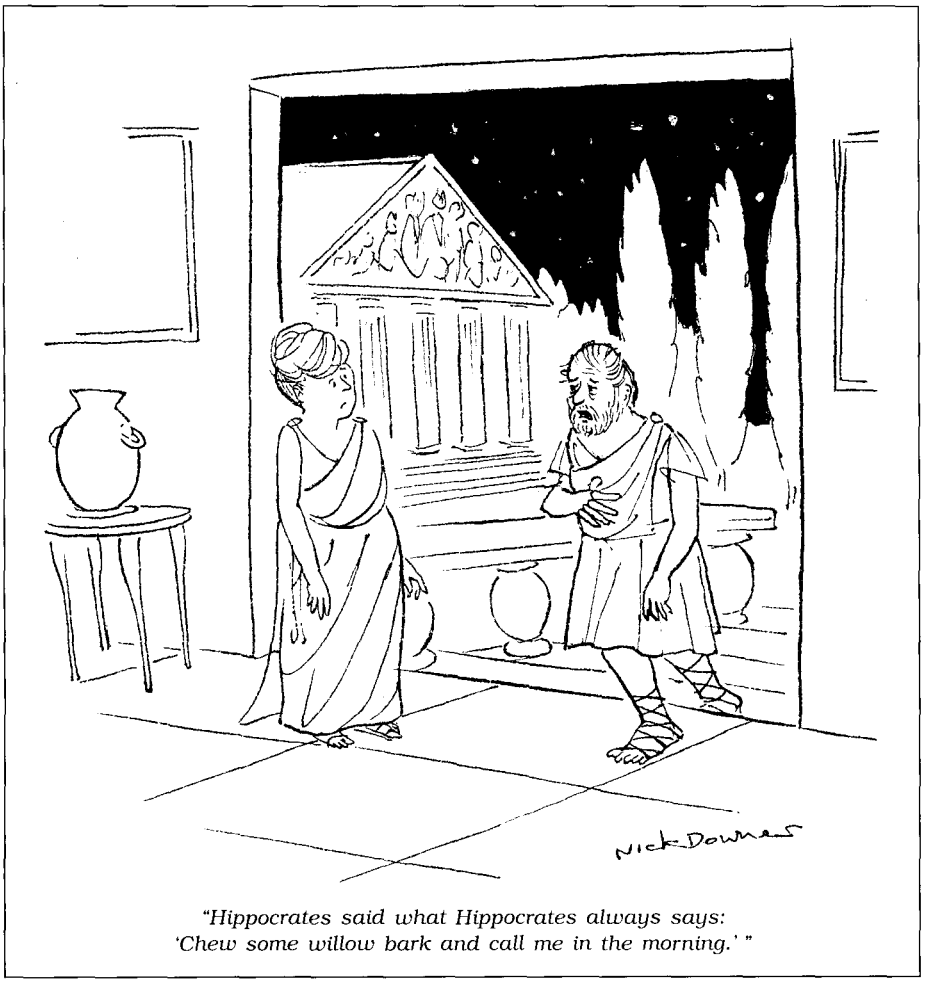
The disease was named goiter from the French word for throat, which we have still preserved in our word "gullet." Though it is really a great pity that the far more graphic and understandable terms of "big-neck" in English and *"Kropf,"* or "crop," in German were not adopted instead.

For literally thousands of years goiter was merely one of the curiosities of medicine, for the reason it occurred chiefly in remote mountain valleys and that only the hugest and most tremendously overgrown cases were noticed. And these there was no use worrying about, because they were incurable by the clumsy surgical methods of the day and produced comparatively little disturbance of health or shortening of life.

But one day, scarcely more than half a century ago, it was rather suddenly discovered that certain forms of depression and chronic nervousness in middle-aged women with pasty faces, dull eyes, ashy complexions, thin greasy hair, and a mental state of great depression and apathy, were due to wasting away of this thyroid gland after the change of life; and what was much more interesting, they could be cured completely by feeding the patients with extracts of the thyroid glands of animals.

So recent in fact was the discovery that the death has just been reported, due to old age, of one of the first patients who was recognized and put on the thyroid treatment.

The old lady had been kept alive and in excellent health by a steady daily dosage of, in the first place, sandwiches made of the raw gland, and later prepared extracts of it, for nearly forty years, in the course of which time she was estimated to have devoured the thyroid glands of something like nine hundred sheep. Incidentally, the patient far outlived the doctor who had put her on the treatment, illustrating the well-known medical aphorism that the best way to live forever is to get a chronic disease and then sit down and take care of it.



"Hippocrates said what Hippocrates always says: 'Chew some willow bark and call me in the morning.'"

A second finding, almost within a decade or so of the other, was that there was another form of goiter, marked by enlargement and overgrowth of the thyroid gland instead of shrinkage, recognized by protuberance of the eyeballs, hot and cold flushes all over the body, warm sweats, and incredibly rapid pulse, reaching in some cases 180 beats a minute. And what challenged our attention was that instead of lasting for years without appreciable harm to the health, it produced an extremely serious illness, with a death rate of nearly 20 per cent within two or three years. This came to be known by the graphic and descriptive title of exophthalmic—or out-eyed, "pop-eyed," goiter, on account of this protrusion of the eyeballs.

These two goiter harpoons waked us up to begin a systematic study of the condition of the thyroid gland at all ages, which culminated about ten or fifteen years ago in the astonishing and disquieting discovery that all over the great middle belt of this country, and not only there but all over Central and Western Europe, from 20 to 60 per cent of our young boys and girls of high-school age had mild degrees of enlargement of this gland. We had literally been taking food out of our children's salt and feeding it to sheep.

Here was literally a pretty kettle of fish, or rather a kettle without fish, as we shall see later, and we were for a time fairly stunned with this extraordinary and apparently menacing state of affairs. But we were not long in finding a clew. About fifteen years ago, while analyzing and studying in the laboratory this curious gland which had leaped so suddenly into the limelight, it was discovered that it differed from all other tissues of the body chiefly in the fact that it contained appreciable quantities of iodine. We all know iodine as we do the back of our own hands, as the saying is—that dark-brown liquid which stains our skins so deeply and which comes out of the family medicine chest to be painted over cuts and scratches and swollen joints and enlarged glands and has such a pungent smell. Also, probably most of us know, as a hazy recollection from our high-school days, that it is found in sea water and seaweeds, and with its sister element, bromine, is largely responsible for the bitter nauseous taste of a mouthful of old ocean which goes down our

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throats when bathing in the surf.

This caught our eye at once; but the amount of iodine was so tiny—scarcely more than three-quarters of a grain, or as much as would fit on the point of a penknife blade, in the entire gland—that it seemed absolutely incredible that a mere half pinch of any element could possibly produce such extraordinary effects upon the whole human body. But it set us thinking; and when, now scarcely more than five years ago, the active principle, or "soul," of the thyroid, thyroxin, was extracted and isolated by Kendall, at the Mayo brothers' laboratory at Rochester, Minnesota, and it was proved by actual demonstration that doses of a few thousandths of a grain would cure myxoedema, or the pasty-faced underthyroidism of women, and turn an idiotic dwarf called a cretin into a comparatively normal child of three or four, and that three-quarters of this thyroxin was iodine, we began to sit up and take notice. If a mere fraction of a pinch of this bitter brown sea salt could do things like this in disease, what might not its importance be to the human body in health?

This sent us back on a second search to see how widely spread over the system iodine was. And, as we had suspected, the infinitely delicate and responsive tests of modern laboratory science showed that every tissue and every part of the body contained its tiny percentage, or rather per thousandage, of iodine. To paraphrase Scripture, we live and move and have our being in extremely dilute solutions of iodine; which is simply another way of saying that we are merely a skin full of sea water and that every cell in our body is a jellyfish swimming in brine.

This instantly raised the question in our minds, Where do we get iodine? In the sea water. Where don't we get goiter? Along the seacoast and the shores. Where don't we get iodine? Up in the mountain tops. Where do we get goiter? In the same places.

The whole problem of goiter or myxœdema, of cretinism and exophthalmia, seemed to resolve itself into a question of the presence or absence of a few pinches of iodine in our thyroids.

Studies were promptly made by geologists and chemists of the percentages of iodine in soils and drinking water all over the United States, and these findings compared with its percentage in sea water, showing that, in the language of the report, "Practically all the iodine in the world is in the sea." This is due to the fact that, like its inseparable companion, common salt, iodine is the most readily soluble of all the salts contained in our rocks and soils, which were mostly, of course, laid down under sea water. And as the dry land gradually rose up out of the ingulfing ocean, leaving more than three-fifths of its area still at the bottom of the sea, the first elements to be washed out of the soil of the low mountains and poured into the sea were iodine and salt.

This explains at once why it is that through all history goiter has been especially associated with but not entirely confined to high mountain valleys, beginning in the Alps and the Apennines and Carpathians, and including the Atlas Mountains of Northern Africa, which were the cradle of the white race; and of late, as shown by McCarrison's interesting studies, the Himalayas and the mountains of Tibet.

These mountain valleys are in the first place a long distance from the seashore, so it was impossible for them to renew their supply of iodine by the method we shall discuss later. Also, having their strata more sharply tilted so as to allow drainage, they have been washed more completely free of their iodine and salt. A pinch of iodine is as important and vital in human life as the proverbial grain of salt.

It also comes home to us directly and solves our perplexing puzzle over why our great and fertile Mississippi Valley area and Great Lakes belt, or zone, though as innocent of mountain ranges of any sort as a lizard is of feathers, should show such an extraordinary flood of simple goiter. It is not necessary that you should live on mountains to get goiter, provided you are far enough from the sea and your soil has been sufficiently leached of all sea salts or covered by glacial drift which has naturally been "double-washed." And how appallingly thorough has been that leaching and washing can be realized by the statement of the Geological Commission that an average human being would have to drink Lake Superior water steadily for forty years to get a sufficient amount of iodine for one yearly charge of his thyroid gland.

continued next issue

HELP FIGHT MENTAL RETARDATION

Each year, Iodine Deficiency exposes millions of the world's children to the needless suffering of mental retardation and a host of other Iodine Deficiency Disorders. The tragedy is this could be easily prevented by simply adding iodine to their salt, as Morton did in the U.S. back in the 1920's. So please won't you join Morton Salt and your local Kiwanis clubs in their effort to help UNICEF end this worldwide suffering by the year 2000? Just clip out the coupon below and mail it with your donation today. Thank you.

Mail Your Check To:
KIWANIS INTERNATIONAL FOUNDATION
HELP THE CHILDREN-WORLDWIDE SERVICE PROJECT
3636 Woodview Trace
Indianapolis, IN 46268

☑ Yes, I want to help eliminate Iodine Deficiency by the year 2000. Please accept my tax deductible donation in the amount of $_____

NAME_____

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GIVING COMPASSION WINGS

Airborne medical teams are reaching out to thousands of suffering people who live beyond the reach of modern medicine.

Sixteen years ago, a Texas opthalmologist had an intriguing idea. If a plane was outfitted with state-of-the-art surgical equipment and staffed with top-flight eye surgeons, couldn't doctors save the eyesight of thousands of people in developing countries with no access to modern eye care? In 1982, the idea became reality when a converted 1959 model DC8 took flight on the first Project ORBIS mission staffed by volunteers. Since then, ORBIS doctors have performed cataract surgery and other vision-saving medical procedures in Jamaica, Thailand, Mongolia, South America, and wherever they have been invited. In 1994, ORBIS upgraded to a DC10 aircraft equipped with a surgical theater and classrooms for teaching new techniques to eye care professionals in developing countries. Since its beginning, the nonprofit charitable organization has flown to almost every continent, restoring or saving the eyesight of more than 20,000 patients while teaching sight-saving skills to nearly 35,000 doctors and nurses.

Last May the world's contingent of flying hospitals expanded to include yet another plane with an even more ambitious mission. Operation Blessing International, the humanitarian relief group founded by the Christian Broadcasting Network's Pat Robertson, launched the world's largest fully equipped, self-contained airborne hospital to spearhead its international medical relief efforts. The Lockheed L-1011 airplane offers the facilities of the best land-based hospitals, only with a bit less elbow room. Squeezed on board are a three-table operating suite, dental stations, pharmacy center, and a medical team classroom with video equipment for teaching purposes, as well as seating capacity for a staff of 67.

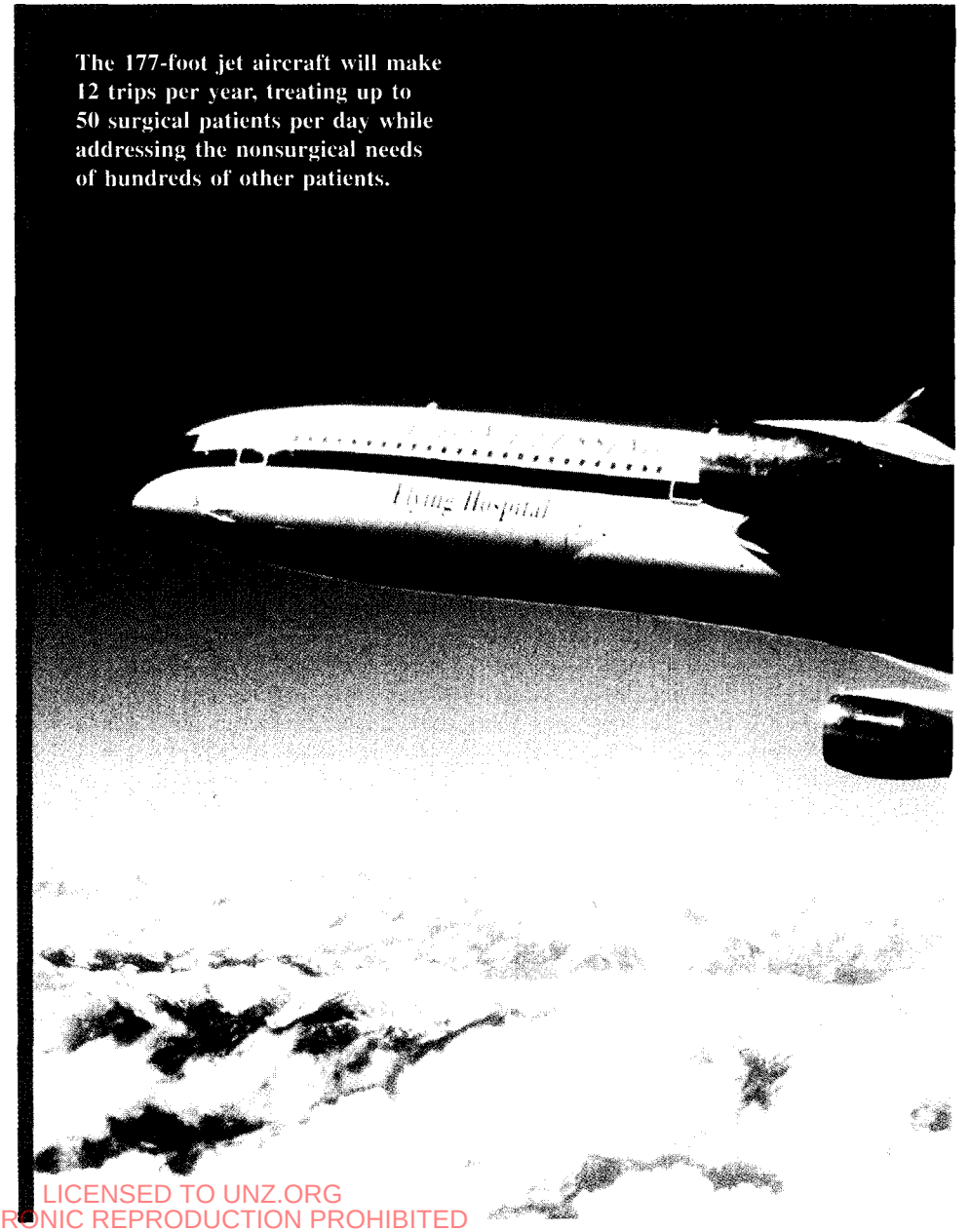
The Operation Blessing Flying Hospital relies on volunteer physicians, nurses, and dental professionals to provide a wide range of medical procedures. Since its christening last May, the plane has visited El Salvador, Panama, and the Ukraine, already treating 18,000 people and performing 540 surgeries on the Flying Hospital and in local hospitals. Medical teams repaired cleft lips and injured tendons, reset badly healed bones, and performed cataract removal, corneal transplants, and many other medical services.

"The advantage of a flying hospital is that we can provide a certain level of care that we otherwise would not be able to offer," says Dr. Paul Williams, chief medical officer for Operation Blessing. "We can control the plane's sterility, its cleanliness, its pre- and postop care, and provide the most up-to-date medical equipment to give the best possible benefit to the patient."

Early missions have shown how important the flying hosptials are to host country medical staffs who are often suffering from a shortage of even the most basic essentials.

"In the Ukraine they actually made their own gauze and sewed their own gowns right there in the hospital, because they did not have enough money to go out and buy adequate supplies," Dr. Williams says.

For many patients in developing



The 177-foot jet aircraft will make 12 trips per year, treating up to 50 surgical patients per day while addressing the nonsurgical needs of hundreds of other patients.

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A fully equipped operating room, staffed with volunteer medical professionals, not only addresses immediate medical needs, but helps teach surgical procedures to local healthcare professionals.

countries, even the most basic help is life-changing. A frequently performed operation is for strabismus. "There have been so many patients who have been cross-eyed," Dr. Williams says. "They are shunned, and they are rather shy and embarrassed by their appearance. I remember one lady in her 20s or 30s in El Salvador. She just broke down crying when she saw herself for the first time with her eyes straight."

Operation Blessing hopes to run up to 12 flying missions a year, with each mission requiring a year of planning, but only four have been scheduled in 1997 because of the huge cost per mission ($350,000 to $500,000, including medicines, supplies, insurance, and fuel). Funding for flights depends on the flow of donations from individuals, corporations, foundations, and other organizations. No government funds are involved. Medical and lay volunteers are always needed.

"Our volunteers are not all healthcare professionals," Dr. Williams notes. "Probably 25 percent of the people who go with us are nonmedical. They function as translators or work in crowd control, signing in, counseling, and so on. We even allow teenagers to come with us on occasion, if their parents are also along."

Both flying hospitals visit foreign countries only on the invitation of the host country's government and medical community. On this year's first mission, the Operation Blessing Flying Hospital is headed to Subic Bay in the Philippines; meanwhile, the ORBIS plane was recently in Cuba helping curb an alarming increase in unnecessary blindness in that country. The ORBIS mission was the first officially approved U.S. civil flight into Cuba since early 1996.

Clearly, the welcome presence of these humanitarian missions in friendly and unfriendly countries has a transcending moral significance. As former president George Bush told the crowd of dignitaries and guests when christening the new Operation Blessing plane at Dulles International Airport, "When I see a mission like this, I see America at its very best." ▲

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The American Illustrators Hall of Fame

APRIL FOOL-ING AROUND

Norman Rockwell's fifth freedom was the freedom to fool
Post readers year after year on covers of the first April issue.

by Maynard Good Stoddard

This is no joke. We have plenty of proof that Norman Rockwell was only too happy to shed his somber mood of winter and don the colorful ideas inspired by the month of April. April 1, to be specific. April Fool's Day, to really pin it down.

Yes, the normally dour visage of this most serious of cover artists must have lightened close to a smile as the noted illustrator envisioned the works you are about to see.

Though there's no evidence to substantiate it, Rockwell may have been influenced by reading Robert Frost's own reflections on the month of April, from "Two Tramps in Mud Time":

The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.

But if you so much as dare to speak,
A cloud comes over the sunlit arch,
A wind comes off a frozen peak,
And you're two months back in the middle of March.

Anyway, taking liberty from whatever source, Rockwell went all out and then some painting April Fool covers that make today's "TV Bloopers" look normal by comparison.

To compete with his April-foolery, we could tell you that the artist trained a squirrel to use its tail for his brush, mixed shoe polish with kiwi juice for paint, turned his back on the canvas, and painted by way of a rear-view mirror. But alas, our mood is too somber for that sort of thing.

Nevertheless, if you have nothing better to do (even if you have, lay it aside), why not challenge the family to a contest of finding the most April Fool errors in the paintings coming up? This could provide as much fun as the artist must have had creating them.

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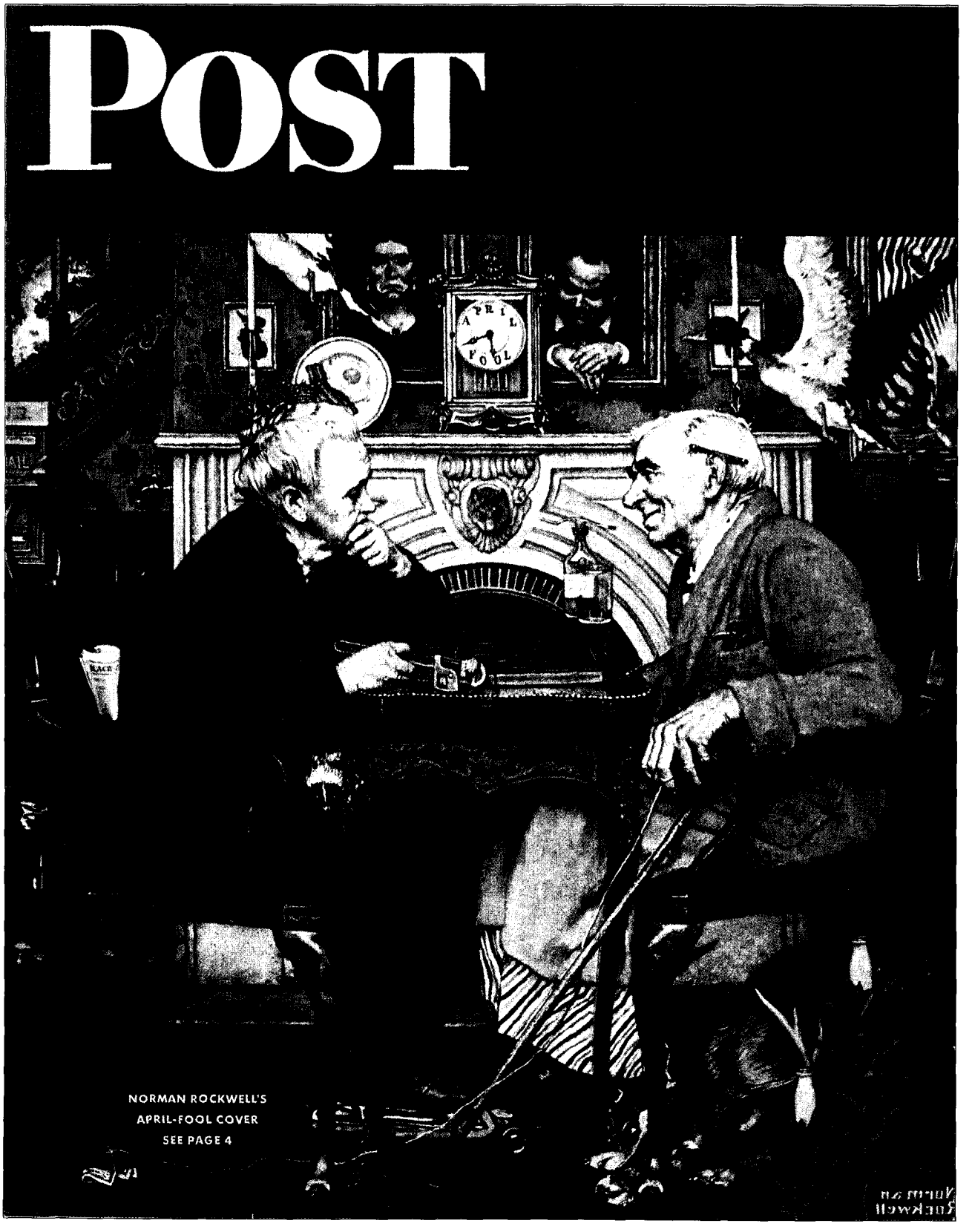

After the serious business of *The Four Freedoms*, Norman Rockwell surely must have enjoyed the freedom of doing the 45 April fooleries in this painting. The ducks in the living room, the medicine bottle and glass floating in midair, the old girl's wedding ring on the wrong hand. Sure, a kid could see those. But can you find the other 42? (If not, see page 92.)

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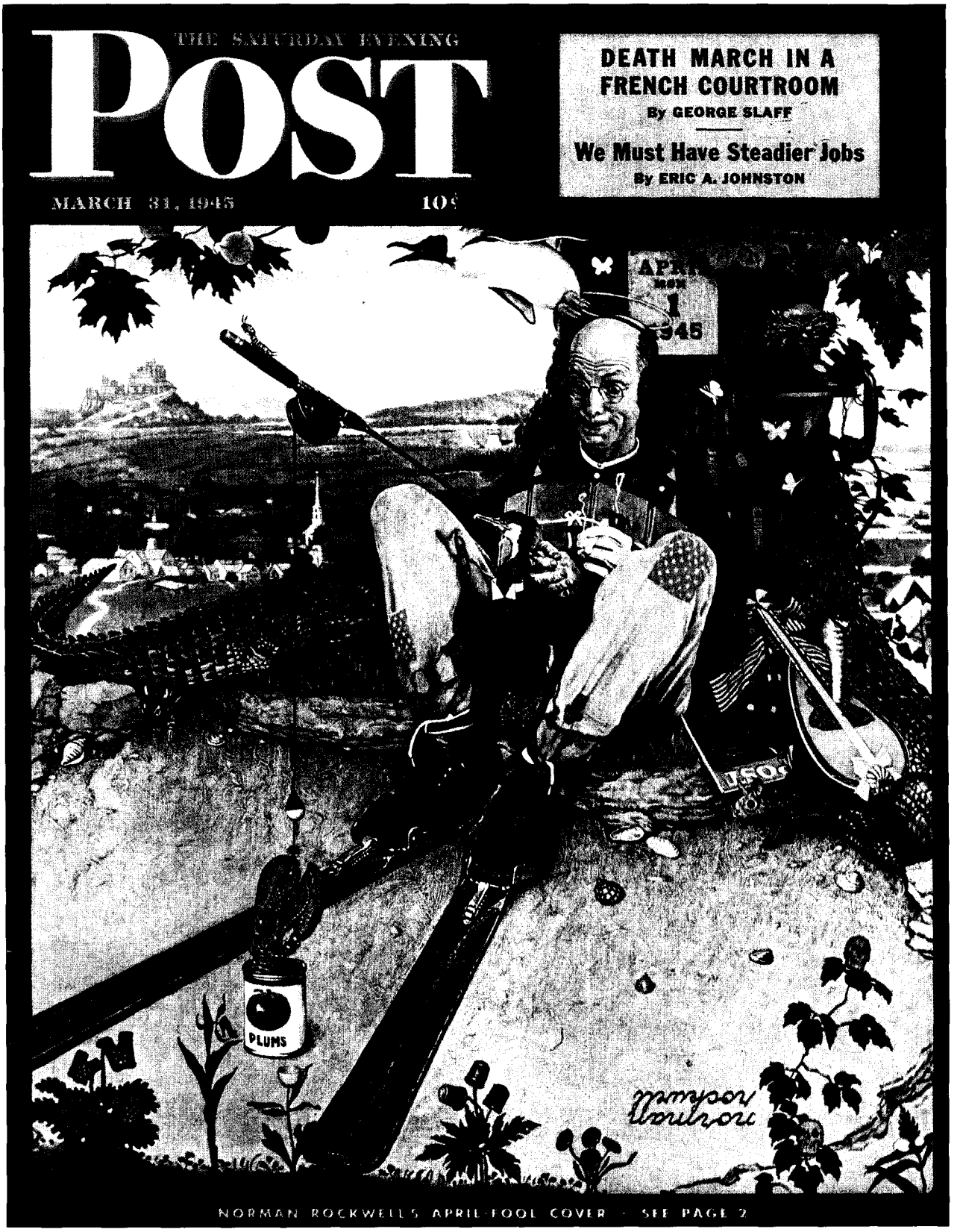

Perhaps no *Post* cover has been more popular than Rockwell's second effort on the April Fool theme. You may think that the blue lobster is one of the 50 mistakes in the artist's wild rampage of errors, but not so, according to an expert on lobsters. However, there really are 50 *legitimate* mistakes (if mistakes can be legitimate). See page 92—after you've done your best.

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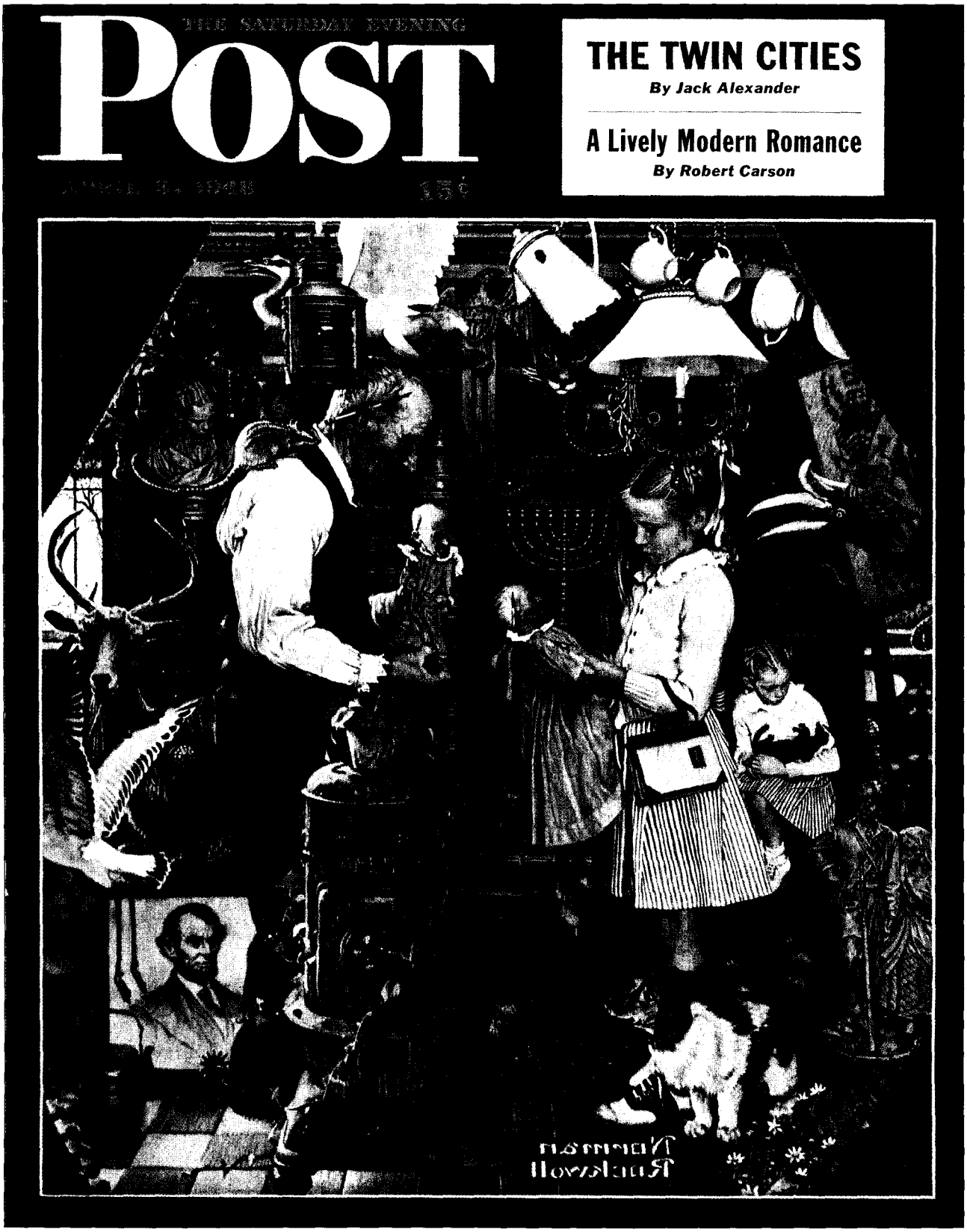

Rockwell was up to his old tricks in this cover of April 3, 1948. Once again he has loaded the scene with mistakes, some you will spot at once, others you may not find if you stay up all night. The artist lays claim to a total of 57. If you can't find them all by morning, turn to page 92. Bet you'll be saying, "Oh, sure!"

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THE BEAR

The elusive old bear had become the stuff of legend—the ultimate trophy of every hunter. Now the youth faced him with a gun and had to make a fateful decision.

by William Faulkner

Illustrated by Gene Boyer

Editor's note: *This year marks the 100th anniversary of the birth of William Faulkner, one of America's foremost authors. Faulkner wrote more than 40 stories for* The Saturday Evening Post. *"The Bear," published May 9, 1942, is considered one of his greatest. Some critics call it the best short story ever written.*

He was ten. But it had already begun, long before that day when at last he wrote his age in two figures and he saw for the first time the camp where his father and Major de Spain and old General Compson and the others spent two weeks each November and two weeks again each June. He had already inherited then, without ever having seen it, the tremendous bear with one trap-ruined foot which, in an area almost a hundred miles deep, had earned for itself a name, a definite designation like a living man.

He had listened to it for years: the long legend of corncribs rifled, of shoats and grown pigs and even calves carried bodily into the woods and devoured, of traps and deadfalls overthrown and dogs mangled and slain, and shotgun and even rifle charges delivered at point-blank range and with no more effect than so many peas blown through a tube by a boy—a corridor of wreckage and destruction beginning back before he was born, through which sped, not fast but rather with the ruthless and irresistible deliberation of a locomotive, the shaggy tremendous shape.

It ran in his knowledge before he ever saw it. It looked and towered in his dreams before he even saw the unaxed woods where it left its crooked print, shaggy, huge, red-eyed, not malevolent but just big—too big for the dogs which tried to bay it, for the horses which tried to ride it down, for the men and the bullets they fired into it, too big for the very country which was its constricting scope. He seemed to see it entire with a child's complete

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divination before he ever laid eyes on either—the doomed wilderness whose edges were being constantly and punily gnawed at by men with axes and plows who feared it because it was wilderness, men myriad and nameless even to one another in the land where the old bear had earned a name, through which ran not even a mortal animal but an anachronism, indomitable and invincible, out of an old dead time, a phantom, epitome and apotheosis of the old wild life at which the puny humans swarmed and hacked in a fury of abhorrence and fear, like pygmies about the ankles of a drowsing elephant; the old bear solitary, indomitable and alone, widowered, childless and absolved of mortality—old Priam reft of his old wife and having outlived all of his sons.

Until he was ten, each November he would watch the wagon containing the dogs and the bedding and food and guns and his father and Tennie's Jim, the Negro, and Sam Fathers, the Indian, son of a slave woman and a Chickasaw chief, depart on the road to town, to Jefferson, where Major de Spain and the others would join them. To the boy, at seven and eight and nine, they were not going into the Big Bottom to hunt bear and deer, but to keep yearly rendezvous with the bear which they did not even intend to kill. Two weeks later they would return, with no trophy, no head and skin. He had not expected it. He had not even been afraid it would be in the wagon. He believed that even after he was ten and his father would let him go too, for those two November weeks, he would merely make another one, along with his father and Major de Spain and General Compson and the others, the dogs which feared to bay it and the rifles and shotguns which failed even to bleed it in the yearly pageant of the old bear's furious immortality.

Then he heard the dogs. It was in the second week of his first time in the camp. He stood with Sam Fathers against a big oak beside the faint crossing where they had stood each dawn for nine days now, hearing the dogs. He had heard them once before, one morning last week—a murmur, sourceless, echoing through the west woods, swelling presently into separate voices which he could recognize and call by name. He had raised and cocked the gun as Sam told him and stood motionless again while the uproar, the invisible course, swept up and past and faded; it seemed to him that he could actually see the deer, the buck, blond, smoke-colored, elongated with speed, fleeing, vanishing, the woods, the gray solitude, still ringing even when the cries of the dogs had died away.

> It ran in his knowledge before he ever saw it. It looked and towered in his dreams before he even saw the unaxed woods where it left its crooked print, shaggy, huge, red-eyed, not malevolent but just big.

"Now let the hammers down," Sam said.

"You knew they were not coming here too," he said.

"Yes," Sam said. "I want you to learn how to do when you didn't shoot. It's after the chance for the bear or the deer has done already come and gone that men and dogs get killed."

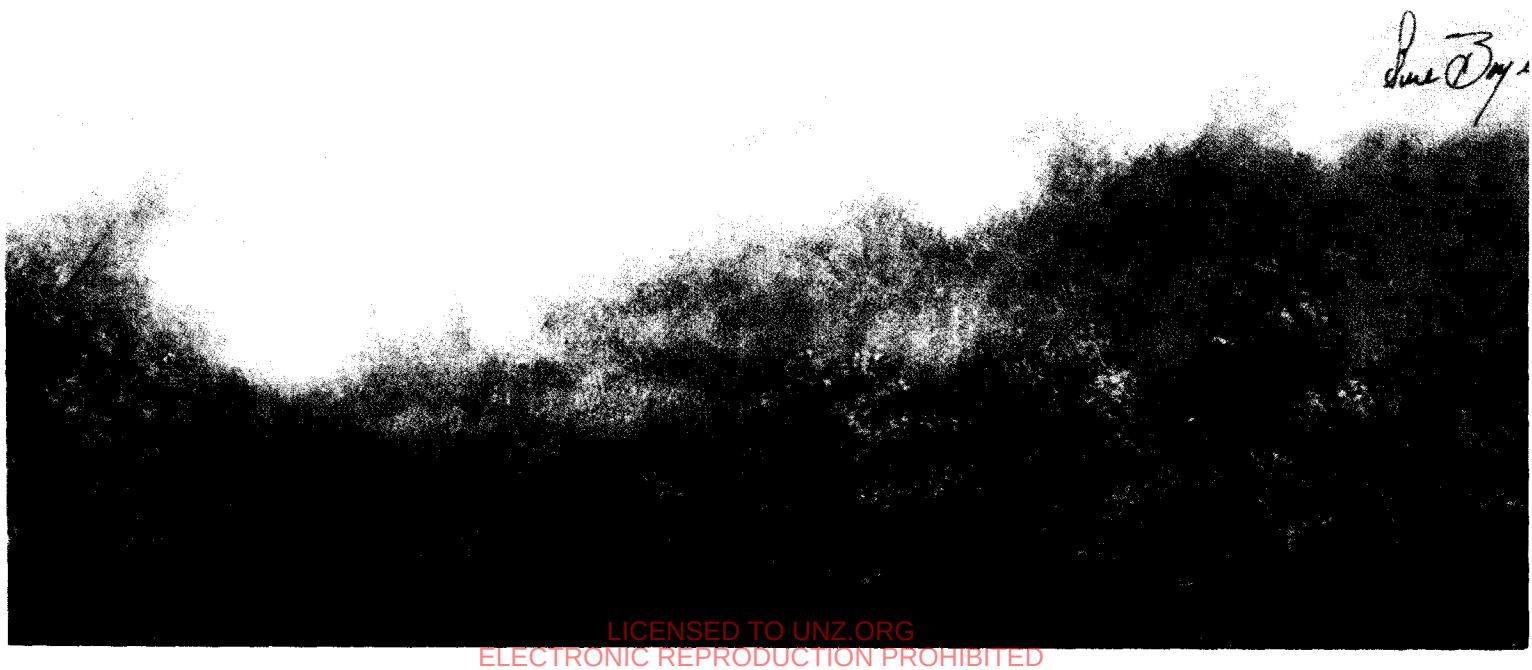
"Anyway," he said, "it was just a deer."

Then on the tenth morning he heard the dogs again. And he readied the too-long, too-heavy gun as Sam had taught him, before Sam even spoke. But this time it was no deer, no ringing chorus of dogs running strong on a free scent, but a moiling yapping an octave too high, with something more than indecision and even abjectness in it, not even moving very fast, taking a long time to pass completely out of hearing, leaving even then somewhere in the air that echo, thin, slightly hysterical, abject, almost grieving, with no sense of a fleeing, unseen, smoke-colored, grass-eating shape ahead of it, and Sam, who had taught him first of all to cock the gun and take position where he could see everywhere and then never move again, had himself moved up beside him; he could hear Sam breathing at his shoulder and he could see the arched curve of the old man's inhaling nostrils.

"Hah," Sam said. "Not even running. Walking."

"Old Ben!" the boy said. "But up here!" he cried. "Way up here!"

"He do it every year," Sam said. "Once. Maybe to see who in camp this time, if he can shoot or not. Whether we got the dog yet that can bay and hold him. He'll take them to the river, then he'll send them back home. We may as well go back, too; see how they look when they come back to camp."



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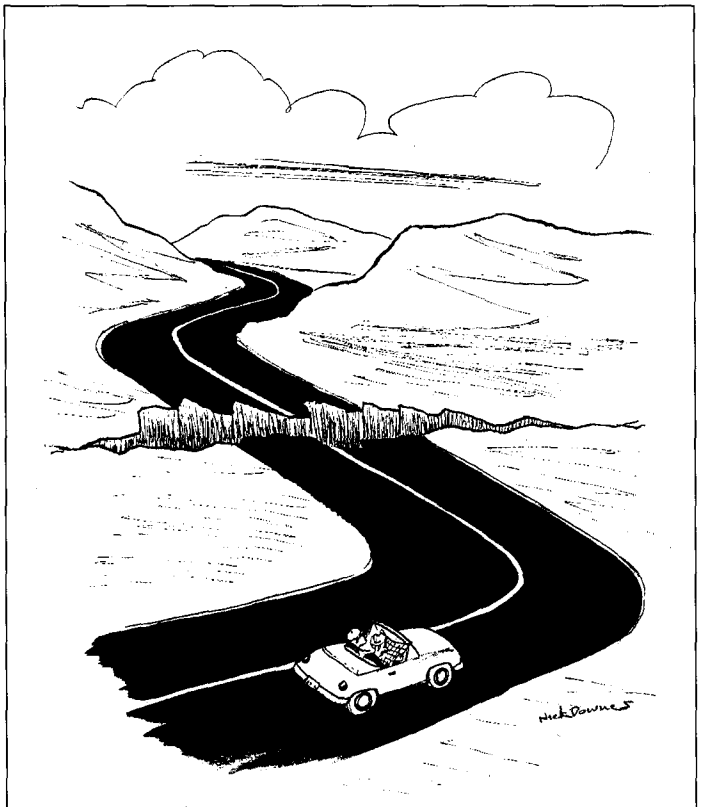
When they reached the camp the hounds were already there, ten of them crouching back under the kitchen, the boy and Sam squatting to peer back into the obscurity where they huddled, quiet, the eyes luminous, glowing at them and vanishing, and no sound, only that effluvium of something more than dog, stronger than dog and not just animal, just beast, because still there had been nothing in front of that abject and almost painful yapping save the solitude, the wilderness, so that when the eleventh hound came in at noon and with all the others watching—even old Uncle Ash, who called himself first a cook—Sam daubed the tattered ear and the raked shoulder with turpentine and axle grease, to the boy it was still no living creature, but the wilderness which, leaning for the moment down, had patted lightly once the hound's temerity.

"Just like a man," Sam said. "Just like folks. Put off as long as she could having to be brave, knowing all the time that sooner or later she would have to be brave once to keep on living with herself, and knowing all the time beforehand just what was going to happen to her when she done it."

That afternoon, himself on the one-eyed wagon mule which did not mind the smell of blood nor, as they told him, of bear, and with Sam on the other one, they rode for more than three hours through the rapid, shortening winter day. They followed no path, no trail even that he could see; almost at once they were in a country which he had never seen before. Then he knew why Sam had made him ride the mule which would not spook. The sound one stopped short and tried to whirl and bolt even as Sam got down, blowing its breath, jerking and wrenching at the rein while Sam held it, coaxing it forward with his voice, since he could not risk tying it, drawing it forward while the boy got down from the marred one.

Then, standing beside Sam in the gloom of the dying afternoon, he looked down at the rotted overturned log, gutted and scored with claw marks and, in the wet earth beside it, the print of the enormous warped two-toed foot. He knew now what he had smelled when he peered under the kitchen where the dogs huddled. He realized for the first time that the bear which had run in his listening and loomed in his dreams since before he could remember to the contrary, and which, therefore, must have existed in the listening and dreams of his father and Major de Spain and even old General Compson, too, was a mortal animal, and that if they had departed for the camp each November without any actual hope of bringing its trophy back, it was not because it could not be slain, but because so far they had had no actual hope to.



"Right about here—there's a tear in the map."

"Tomorrow," he said.

"We'll try tomorrow," Sam said. "We ain't got the dog yet."

"We've got eleven. They ran him this morning."

"It won't need but one," Sam said. "He ain't here. Maybe he ain't nowhere. The only other way will be for him to run by accident over somebody that has a gun."

"That wouldn't be me," the boy said. "It will be Walter or Major or——"

"It might," Sam said. "You watch close in the morning. Because he's smart. That's how come he has lived this long. If he gets hemmed up and has to pick out somebody to run over, he will pick out you."

"How?" the boy said. "How will he know——" He ceased. "You mean he already knows me—that I ain't never been here before, ain't had time to find out yet whether I——" He ceased again, looking at Sam, the old man whose face revealed nothing until it smiled. He said humbly, not even amazed, "It was me he was watching. I don't reckon he did need to come but once."

The next morning they left the camp three hours before daylight. They rode this time because it was too far to walk, even the dogs in the wagon; again the first gray light found him in a place which he had never seen before, where Sam had placed him and told him to stay and then departed. With the gun which was too big for him, which did not even belong to him, but to Major de Spain, and which he had fired only once—at a stump on the first day, to learn the recoil and how to reload it—he stood against a gum tree beside a little bayou whose black still water crept without movement out of a canebrake and crossed a small clearing and into cane again, where, invisible, a bird—the big woodpecker called Lord-to-God by Negroes—clattered at a dead limb.

It was a stand like any other, dissimilar only in incidentals to the one where he had stood each morning for ten days; a territory new to him, yet no less familiar than that other one which, after almost two weeks, he had come to believe he knew a little—the same solitude, the same loneliness through which human beings had merely passed without altering it, leaving no mark, no scar, which looked exactly as it must have looked when the first ancestor of Sam Fathers' Chickasaw predecessors crept into it and looked about, club or stone ax or bone arrow drawn and poised; different only because, squatting at the edge of the kitchen, he smelled the hounds huddled and cringing beneath it and saw the raked ear and shoulder of the one who, Sam said, had had to

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be brave once in order to live with herself, and saw yesterday in the earth beside the gutted log the print of the living foot.

He heard no dogs at all. He never did hear them. He only heard the drumming of the woodpecker stop short off and knew that the bear was looking at him. He never saw it. He did not know whether it was in front of him or behind him. He did not move, holding the useless gun, which he had not even had warning to cock and which even now he did not cock, tasting in his saliva that taint as of brass which he knew now because he had smelled it when he peered under the kitchen at the huddled dogs.

Then it was gone. As abruptly as it had ceased, the woodpecker's dry, monotonous clatter set up again, and after a while he even believed he could hear the dogs—a murmur, scarce a sound even, which he had probably been hearing for some time before he even remarked it, drifting into hearing and then out again, dying away. They came nowhere near him. If it was a bear they ran, it was another bear. It was Sam himself who came out of the cane and crossed the bayou, followed by the injured bitch of yesterday. She was almost at heel, like a bird dog, making no sound. She came and crouched against his leg, trembling, staring off into the cane.

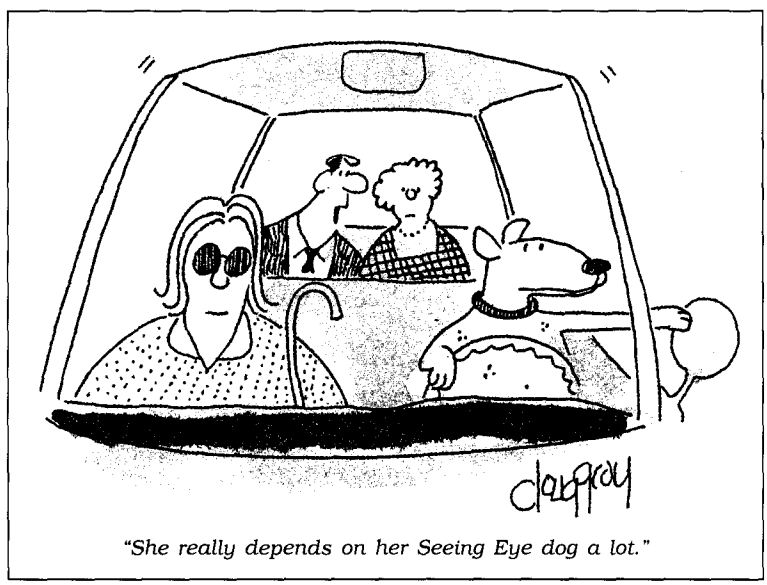
"I didn't see him," he said. "I didn't, Sam!"

"I know it," Sam said. "He done the looking. You didn't hear him neither, did you?"

"No," the boy said. "I——"

"He's smart," Sam said. "Too smart." He looked down at the hound, trembling faintly and steadily against the boy's knee. From the raked shoulder a few drops of fresh blood oozed and clung. "Too big. We ain't got the dog yet. But maybe someday. Maybe not next time. But someday."

So I must see him, he thought. *I must look at him*. Otherwise, it seemed to him that it would go on like this forever, as it had gone on with his father and Major de Spain, who was older than his father, and even with old General Compson, who had been old enough to be a brigade commander in 1865. Otherwise, it would go on so forever, next time and next time, after and after and after. It seemed to him that he could see the two of them, himself and the bear, shadowy in the limbo from which time emerged, becoming time; the old bear absolved of mortality and himself partaking, sharing a little of it, enough of it. And he knew now what he had smelled in the huddled dogs and tasted in his saliva. He recognized fear. *So I will have to see him*, he thought, without dread or even hope. *I will have to look at him.*



"She really depends on her Seeing Eye dog a lot."

It was in June of the next year. He was eleven. They were in camp again, celebrating Major de Spain's and General Compson's birthdays. Although the one had been born in September and the other in the depth of winter and in another decade, they had met for two weeks to fish and shoot squirrels and turkey and run coons and wildcats with the dogs at night. That is, he and Boon Hoggenbeck and the Negroes fished and shot squirrels and ran the coons and cats, because the proved hunters, not only Major de Spain and old General Compson, who spent those two weeks sitting in a rocking chair before a tremendous iron pot of Brunswick stew, stirring and tasting, with old Ash to quarrel with about how he was making it and Tennie's Jim to pour whisky from the demijohn into the tin dipper from which he drank it, but even the boy's father and Walter Ewell, who were still young enough, scorned such, other than shooting the wild gobblers with pistols for wagers on their marksmanship.

Or, that is, his father and the others believed he was hunting squirrels. Until the third day he thought that Sam Fathers believed that too. Each morning he would leave the camp right after breakfast. He had his own gun now, a Christmas present. He went back to the tree beside the little bayou where he had stood that morning. Using the compass which old General Compson had given him, he ranged from that point; he was teaching himself to be a better-than-fair woodsman without knowing he was doing it. On the second day he even found the gutted log where he had first seen the crooked print. It was almost completely crumbled now, healing with unbelievable speed, a passionate and almost visible relinquishment, back into the earth from which the tree had grown.

He ranged the summer woods now, green with gloom; if anything, actually dimmer than in November's gray dissolution, where, even at noon, the sun fell only in intermittent dappling upon the earth, which never completely dried out and which crawled with snakes—moccasins and water snakes and rattlers, themselves the color of the dappled gloom, so that he would not always see them until they moved, returning later and later, first day, second day, passing in the twilight of the third evening the little log pen enclosing the log stable where Sam was putting up the horses for the night.

"You ain't looked right yet," Sam said.

He stopped. For a moment he didn't answer. Then he said peacefully, in a peaceful rushing burst as when a boy's miniature dam in a little brook gives way, "All right. But how? I went to the bayou. I even found that log again. I——"

"I reckon that was all right. Likely he's been watching you. You never saw his foot?"

"I," the boy said—"I didn't—I never thought——"

"It's the gun," Sam said. He stood beside the fence, motionless—the old man, the Indian, in the battered faded overalls and the frayed five-cent straw

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hat which in the Negro's race had been the badge of his enslavement and was now the regalia of his freedom. The camp—the clearing, the house, the barn and its tiny lot with which Major de Spain in his turn had scratched punily and evanescently at the wilderness—faded in the dusk, back into the immemorial darkness of the woods. *The gun*, the boy thought. *The gun.*

"Be scared," Sam said. "You can't help that. But don't be afraid. Ain't nothing in the woods going to hurt you unless you corner it, or it smells that you are afraid. A bear or a deer, too, has got to be scared of a coward the same as a brave man has got to be."

The gun, the boy thought.

"You will have to choose," Sam said.

He left the cap before daylight, long before Uncle Ash would wake in his quilts on the kitchen floor and start the fire for breakfast. He had only the compass and a stick for snakes. He could go almost a mile before he would begin to need the compass. He sat on a log, the invisible compass in his invisible hand, while the secret night sounds, fallen still at his movements, scurried again and then ceased for good, and the owls ceased and gave over to the waking of day birds, and he could see the compass. Then he went fast yet still quietly; he was becoming better and better as a woodsman, still without having yet realized it.

He jumped a doe and a fawn at sunrise, walked them out of the bed, close enough to see them—the crash of undergrowth, the white scut, the fawn scudding behind her faster than he had believed it could run. He was hunting right, upwind, as Sam had taught him; not that it mattered now. He had left the gun; of his own will and relinquishment he had accepted not a gambit, not a choice, but a condition in which not only the bear's heretofore inviolable anonymity but all the old rules and balances of hunter and hunted had been abrogated. He would not even be afraid, not even in the moment when the fear would take him completely—blood, skin, bowels, bones, memory from the long time before it became his memory—all save that thin, clear, quenchless, immortal lucidity which alone differed him from this bear and from all the other bear and deer he would ever kill in the humility and pride of his skill and endurance, to which Sam had spoken when he leaned in the twilight on the lot fence yesterday.

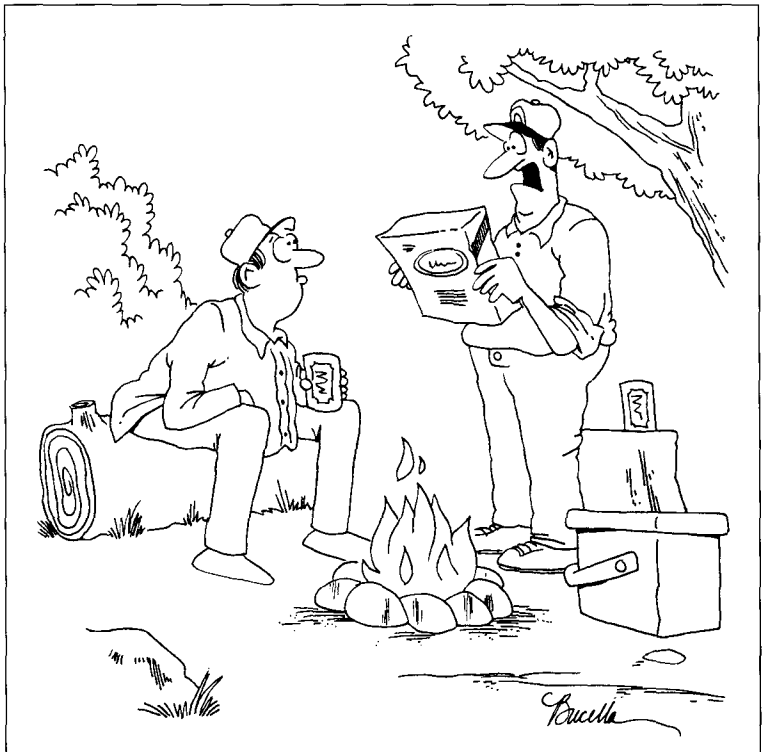
By noon he was far beyond the little bayou, farther into the new and alien country than he had ever been. He was traveling now not only by the compass but by the old, heavy, biscuit-thick silver watch which had belonged to his grandfather. When he stopped at last, it was for the first time since he had risen from the log at dawn when he could see the compass. It was far enough. He had left the camp nine hours ago; nine hours from now, dark would have already been an hour old. But he didn't think that. He thought, *All right. Yes. But what?* and stood for a moment, alien and small in the green and topless solitude, answering his own question before it had formed and ceased. It was the watch, the compass, the—the three lifeless mechanicals with which for nine hours he had fended the wilderness off; he hung the watch and compass carefully on a bush and leaned the stick beside them and relinquished completely to it.

He had not been going very fast for the last two or three hours. He went no faster now, since distance would not matter even if he could have gone fast. And he was trying to keep a bearing on the tree where he had left the compass, trying to complete a circle which would bring him back to it or at least intersect itself, since direction would not matter now either. But the tree was not there, and he did as Sam had schooled him—made the next circle in the opposite direction, so that the two patterns would bisect somewhere, but crossing no print of his own feet, finding the tree at last, but in the wrong place—no bush, no compass, no watch—and the tree not even the tree, because there was a down log beside it and he did what Sam Fathers had told him was the next thing and the last.

As he sat down on the log he saw the crooked print—the warped, tremendous, two-toed indentation which, even as he watched it, filled with water. As he looked up, the wilderness coalesced, solidified—the glade, the tree he sought, the bush, the watch and the compass glinting where a ray of sunlight touched them. Then he saw the bear. It did not emerge, appear; it was just there, immobile, solid, fixed in the hot dappling of the green and windless noon, not as big as he had dreamed it, but as big as he had expected it, bigger, dimensionless against the dappled obscurity, looking at him where he sat quietly on the log and looked back at it.

Then it moved. It made no sound. It did not hurry. It crossed the glade, walking for an instant into the full glare of the sun; when it reached the other side it stopped again and looked back at him across one shoulder while his quiet breathing inhaled and exhaled three times.

Then it was gone. It didn't walk into the woods, the undergrowth. It



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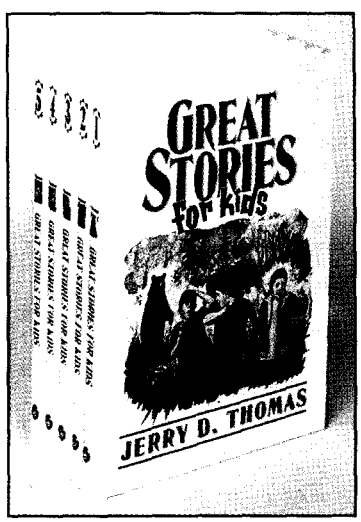

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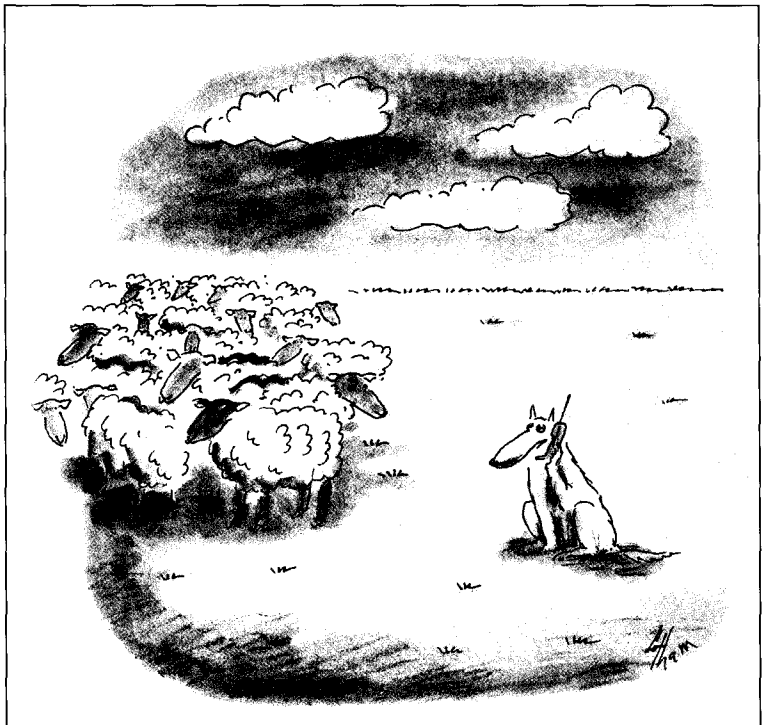
faded, sank back into the wilderness as he had watched a fish, a huge old bass, sink and vanish back into the dark depths of its pool without even any movement of its fins.

He thought, *It will be next fall.* But it was not next fall, nor the next nor the next. He was fourteen then. He had killed his buck, and Sam Fathers had marked his face with the hot blood, and in the next year he killed a bear. But even before that accolade he had become as competent in the woods as many grown men with the same experience; by his fourteenth year he was a better woodsman than most grown men with more. There was no territory within thirty miles of the camp that he did not know—bayou, ridge, brake, landmark tree and path. He could have led anyone to any point in it without deviation, and brought them out again. He knew game trails that even Sam Fathers did not know; in his thirteenth year he found a buck's bedding place, and unbeknown to his father he borrowed Walter Ewell's rifle and lay in wait at dawn and killed the buck when it walked back to the bed, as Sam had told him how the old Chickasaw fathers did.



"Can I call you back? I'm in the field right now."

After he had seen the old bear, he knew what Sam Fathers had meant about the right dog, a dog in which size would mean less than nothing. So when he returned alone in April—school was out then, so that the sons of farmers could help with the land's planting, and at last his father had granted him permission, on his promise to be back in four days—he had the dog. It was his own, a mongrel of the sort called by Negroes a fyce, a ratter, itself not much bigger than a rat and possessing that bravery which had long since stopped being courage and had become foolhardiness.

It did not take four days. Alone again, he found the trail on the first morning. It was not a stalk; it was an ambush. He timed the meeting almost as if it were an appointment with a human being. Himself holding the fyce muffled in a feed sack and Sam Fathers with two of the hounds on a piece of plowline rope, they lay downwind of the trail at dawn of the second morning. They were so close that the bear turned without even running, as if in surprised amazement at the shrill and frantic uproar of the released fyce, turning at bay against the trunk of a tree, on its hind feet; it seemed to the boy that it would never stop rising, taller and taller, and even the two hounds seemed to take a sort of desperate and despairing courage from the fyce, following it as it went in.

Then he realized that the fyce was actually not going to stop. He flung, threw the gun away, and ran; when he overtook and grasped the frantically pinwheeling little dog, it seemed to him that he was directly under the bear.

He could smell it, strong and hot and rank. Sprawling, he looked up to where it loomed and towered over him like a cloudburst and colored like a thunderclap, quite familiar, peacefully and even lucidly familiar, until he remembered: This was the way he had used to dream about it. Then it was gone. He didn't see it go. He knelt, holding the frantic fyce with both hands, hearing the abased wailing of the hounds drawing farther and farther away, until Sam came up. He carried the gun. He laid it down quietly beside the boy and stood looking down at him.

"You've done seed him twice now with a gun in your hands," he said. "This time you couldn't have missed him."

The boy rose. He still held the fyce. Even in his arms and clear of the ground, it yapped frantically, straining and surging after the fading uproar of the two hounds like a tangle of wire springs. He was panting a little, but he was neither shaking nor trembling now.

"Neither could you!" he said. "You had the gun! Neither did you!"

"And you didn't shoot," his father said. "How close were you?"

"I don't know, sir," he said. "There was a big wood tick inside his right hind leg. I saw that. But I didn't have the gun then."

"But you didn't shoot when you had the gun," his father said. "Why?" But he didn't answer, and his father didn't wait for him to, rising and crossing the room, across the pelt of the bear which the boy had killed two years ago and the larger one which his father had killed before he was born, to the bookcase beneath the mounted head of the boy's first buck. It was the room which his father called the office, from which all the plantation business was transacted; in it for the fourteen years of his life he had heard the best of all talking. Major de Spain would be there and sometimes old General Compson, and Walter Ewell and Boon Hoggenback and Sam Fathers and Tennie's Jim, too, because they, too, were hunters, knew the woods and what ran them.

He would hear it, not talking himself but listening—the wilderness, the big woods, bigger and older than any recorded document of white man fatuous enough to believe he had bought any fragment of it or Indian ruthless enough to pretend that any fragment of it had been his to convey. It was of the men, not white nor black nor red, but men, hunters with the will and hardihood to endure and the humility and skill to survive, and the dogs and the bear and deer juxtaposed and reliefed against it, ordered and com-

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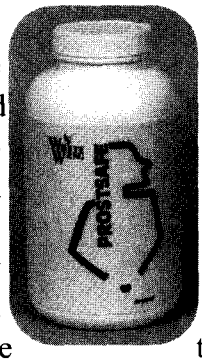


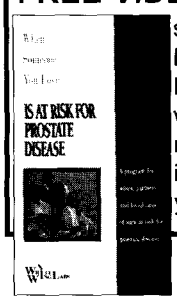
As the years pass, mild discomforts can become disabling. Today, prostate surgery is the second most commonly performed surgery for non-cancerous BPH in men over age 65! Some surgical complications can result.

Prescription drugs may halt the swelling, but many prescription drugs may also have side effects. Many doctors feel that disorders of BPH can be treated or prevented by giving the prostate gland the nutrition it lacks.

Recent scientific research has shown how to remedy the underlying problems associated with disorders of BPH -- safely and effectively. These results have been published in the *British Journal of Clinical Pharmacology* and the *American Journal of Gerontology*. They reveal that several vitamins, minerals and natural herbs can dramatically shrink the prostate and improve urinary performance in older men.

The most modern application of these healthy ingredients is found in Prostsafe® from Whitewing Labs. Prostsafe is the nutritional "tool kit" for men with benign prostate problems, and those who wish to prevent them. It is a mixture of zinc, serenoa serrulata, ginseng, certain amino acids, bee pollen and vitamins A, B-6 and E. These ingredients have been shown to help shrink a swollen prostate.

FREE VIDEO GIFT WITH PURCHASE It's wise to "get smart" about prostate health. With your first purchase of Prostsafe you will receive the video "When Someone You Love is at risk of prostate disease". This $19.95 value will be yours **FREE, while supplies last**. This video reviews all apects of prostate health. It's a can't miss item to understand what is going on with your body and your prostate gland and it's FREE. Order today!



Dr. Leslie Atterbury III, M.D., says "Prostsafe supplies essential vitamins, minerals and herbs needed to nourish and maintain a healthy prostate."

As little as a dollar a day seems like inexpensive insurance against disorders of BPH. If for some reason you are not satisfied, just return the unused portion within 30 days for a full refund.

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"Before I used to have several bladder infections a year. Now I do not have any." *-- Mr. A. Simon, Charlotte, MI*

"I have less aches and stiffness." *-- Mr. K. Osmon, St. Francisville, IL*

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"Prostsafe has stopped the burning after urination." *-- Mr. C.E. Black, Barboursville, WV*

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pelled by and within the wilderness in the ancient and unremitting contest by the ancient and immitigable rules which voided all regrets and brooked no quarter, the voices quiet and weighty and deliberate for retrospection and recollection and exact remembering, while he squatted in the blazing firelight as Tennie's Jim squatted, who stirred only to put more wood on the fire and to pass the bottle from one glass to another. Because the bottle was always present, so that after a while it seemed to him that those fierce instants of heart and brain and courage and wiliness and speed were concentrated and distilled into that brown liquor which not women, not boys and children, but only hunters drank, drinking not of the blood they had spilled but some condensation of the wild immortal spirit, drinking it moderately, humbly even, not with the pagan's base hope of acquiring thereby the virtues of cunning and strength and speed, but in salute to them.

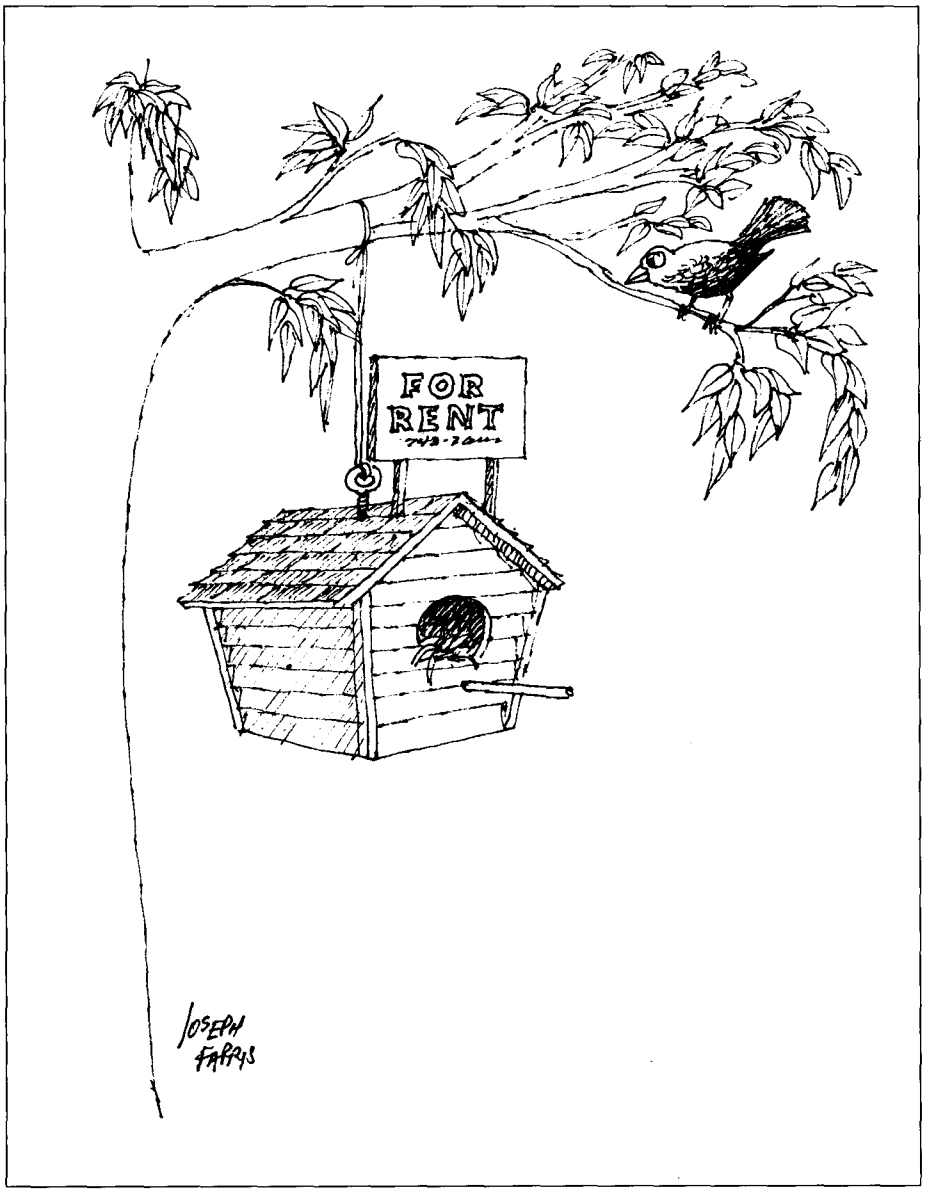
His father returned with the book and sat down again and opened it. "Listen," he said. He read the second stanza to the end and closed the book and put it on the table beside him. " 'She cannot fade, though thou hast not thy bliss, for ever wilt thou love, and she be fair,' " he said.

"He's talking about a girl," the boy said.

"He had to talk about something," his father said. Then he said, "He was talking about truth. Truth doesn't change. Truth is one thing. It covers all things which touch the heart—honor and pride and pity and justice and courage and love. Do you see now?"

He didn't know. Somehow it was simpler than that. There was an old bear, fierce and ruthless, not merely just to stay alive, but with the fierce pride of liberty and freedom, proud enough of that liberty and freedom to see it threatened without fear or even alarm; nay, who at times even seemed deliberately to put that freedom and liberty in jeopardy in order to savor them, to remind his old strong bones and flesh to keep supple and quick to defend and preserve them. There was an old man, son of a Negro slave and an Indian king, inheritor on the one side of the long chronicle of a people who had learned humility through suffering, and pride through the endurance which survived the suffering and injustice, and on the other side, the chronicle of a people even longer in the land than the first, yet who no longer existed in the land at all save in the solitary brotherhood of an old Negro's alien blood and the wild and invincible spirit of an old bear. There was a boy who wished to learn humility and pride in order to become skillful so rapidly that he feared he would never become worthy because he had not learned humility and pride, although he had tried to, until one day and as suddenly he discovered that an old man who could not have defined either had led him, as though by the hand, to that point where an old bear and a little mongrel dog showed him that, by possessing one thing other, he would possess them both.

And a little dog, nameless and mongrel and many-fathered, grown, yet weighing less than six pounds, saying as if to itself, "I can't be dangerous, because there's nothing much smaller than I am; I can't be fierce, because they would call it just noise; I can't be humble, because I'm already too close to the ground to genuflect; I can't be proud, because I wouldn't be near enough to it for anyone to know who was casting that shadow, and I don't even know that I'm not going to heaven, because they have already decided that I don't possess an immortal soul. So all I can be is brave. But it's all right. I can be that, even if they still call it just noise." That was all. ▲



The Lowdown on Cholesterol

continued from page 28

5 tablespoons melted low-fat margarine
1½ cups skim milk

Heat waffle iron. Iron is ready when drop of water forms small ball. If water

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sizzles, iron is too hot.

Mix first four ingredients together with swift strokes. Beat 3 egg whites until stiff, not dry. Fold egg whites into batter until barely blended. Bake on waffle iron until done.

Per Serving (1 waffle):
Calories: 296 Carbohydrate: 30.7 gm
Cholesterol: 1 mg Protein: 17.4 gm
Sodium: 262 mg Fat: 11.5 gm
Fiber: 2.6 gm
Diabetic exchange: 2 bread + 1½ lean meat + 1 fat

Carrot-Raisin Muffins

(Makes 12 muffins)

¾ cup bud-type bran
1 cup low-fat buttermilk
¼ cup egg substitute
½ cup applesauce
¼ cup vegetable oil
½ cup raisins
½ cup shredded carrots
½ cup all-purpose flour
¼ cup fortified flax
½ cup whole-wheat flour
1 teaspoon baking soda
1 teaspoon nutmeg

Preheat oven to 425° F. Line muffin tins with paper liners.

In bowl, combine first seven ingredients. Let stand about 10 minutes.

In large bowl, combine dry ingredients. Make well in center and add buttermilk-bran mixture. Stir only enough to wet ingredients. Batter should be lumpy.

Fill muffin tins two-thirds full with batter. Bake 15-20 minutes or until toothpick comes out clean when inserted in center of muffin.

Per Serving (1 muffin):
Calories: 153 Carbohydrate: 21.2 gm
Cholesterol: 1 mg Protein: 4.1 gm
Sodium: 144 mg Fat: 5.7 gm
Fiber: 4.3 gm
Diabetic exchange: 1 bread + ½ fruit + 1 fat

Potato Pancakes

(Makes 12 4" pancakes)

1 package (10.5 oz.) Mori-Nu Tofu, Silken/Soft, drained
½ teaspoon ground black pepper
¼ cup egg substitute
¼ cup whole-wheat flour
2¼ cups potatoes, shredded (approx. 2 large potatoes)
½ cup + 2 tablespoons onion, chopped

In blender or food processor, combine all ingredients and whirl approximately 15-20 seconds on medium. Refrigerate 30 minutes.

Spray frying pan with noncaloric vegetable-based spray. Use ¼ cup per pancake. Fry pancakes on each side till golden brown. Blot well with paper towels and serve hot.

Per Serving (1 pancake):
Calories: 49 Carbohydrate: 7.9 gm
Cholesterol: 0 mg Protein: 2.7 gm
Sodium: 10 mg Fat: 0.7 gm
Fiber: 1.1 gm
Diabetic exchange: ½ bread + trace fat

Five-Bean Chili Salad

(Makes 10 servings)

1 cup frozen green beans, cut into 1" pieces
1 cup frozen lima beans, thawed
1½ tablespoons canola oil
1 cup chopped scallions
2 garlic cloves, minced
½-1 tablespoon chili powder
¼ cup red wine vinegar
1 teaspoon brown sugar or ½ teaspoon honey
½ teaspoon ground cumin
2½ cups red kidney beans, rinsed and drained

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2½ cups black-eyed peas, rinsed and drained
2½ cups black beans, rinsed and drained
1 yellow pepper, chopped
2 tablespoons dried parsley

Place green beans in 3-quart saucepan and add cold water to cover. Bring to boil over high heat, then reduce heat to low. Cover and simmer 5 minutes. Add lima beans. Cover and simmer 5 minutes or until both beans are crisp-tender. Drain and place in large bowl.

Meanwhile, in small no-stick frying pan over medium heat, warm oil. Add scallions and garlic; cook, stirring frequently, 2 minutes. Stir in chili powder; cook 1 minute. Remove from heat and stir in vinegar, sugar or honey, and cumin.

Pour over beans in bowl. Add kidney beans, black-eyed peas, black beans, pepper, and parsley; mix well.

Per Serving (1 cup):
Calories: 224 Carbohydrate: 36.5 gm
Cholesterol: 0 mg Protein: 12.3 gm
Sodium: 643 mg Fat: 3.0 gm
Fiber: 9.2 gm
Diabetic exchange: 2 bread + 1 vegetable + ½ med.-fat meat

Orange Zucchini Muffins

(Makes 12 muffins)

Vegetable oil spray
1 cup whole-wheat flour
¼ cup flax
¾ cup sifted all-purpose flour
2½ teaspoons baking powder
1-2 tablespoons sugar
1 teaspoon cinnamon
½ teaspoon ground cloves
½ cup grated zucchini
1 teaspoon grated orange peel
¼ cup egg substitute
1¼ cups skim milk
¼ cup vegetable oil

Preheat oven to 400° F. Lightly spray muffin tin with vegetable oil.

In bowl, combine all dry ingredients. Stir until well blended. Set aside.

In small bowl, combine zucchini, orange peel, egg substitute, milk, and oil. Add mixture to dry ingredients, stirring quickly only to blend ingredients. Do not overmix.

Pour batter evenly into muffin cups. Bake 20-25 minutes or until muffins are firm.

Let muffins rest a few minutes in pan. Remove from pan and serve immediately.

Note: To reheat muffins, wrap them in foil and place them in preheated 450° F. oven 5 minutes.

Per Serving (1 muffin):
Calories: 137 Carbohydrate: 17.7 gm
Cholesterol: trace Protein: 4.1 gm
Sodium: 90 mg Fat: 5.5 gm
Fiber: 2.7 gm
Diabetic exchange: 1 bread + 1 fat

Crunchy Lentil Salad

(Makes 4 servings)

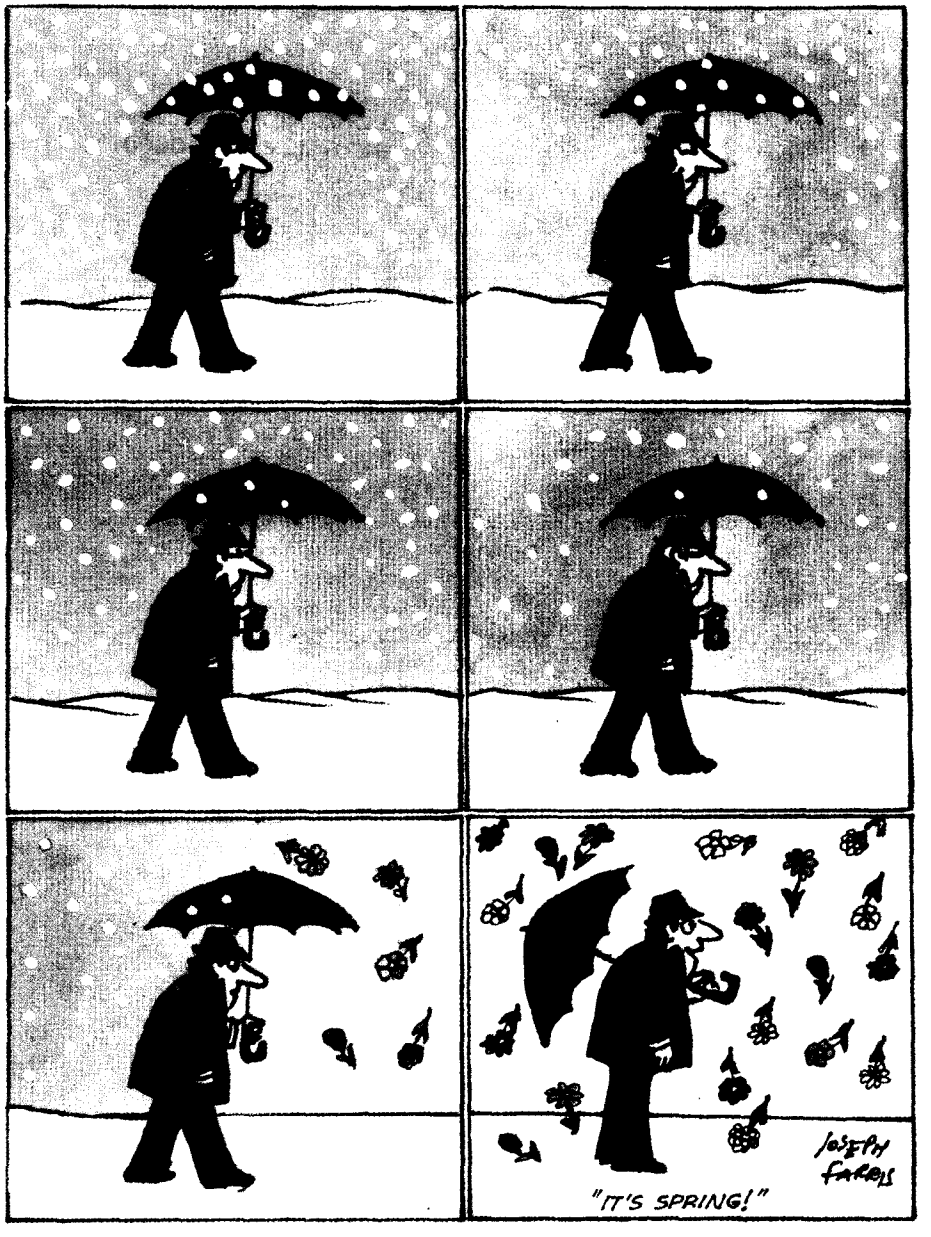
3 cups water
1 cup lentils, rinsed and drained
2 teaspoons olive oil
½ cup chopped red onions
2 celery ribs, chopped
2 garlic cloves, minced
1½ cups Red Gold salsa
2 tablespoons lime juice
1 teaspoon prepared horseradish
½ teaspoon ground cumin
1 cup frozen corn, thawed
1 tablespoon dried parsley

In 2-quart saucepan over high heat, bring water and lentils to boil. Reduce heat to low; partially cover and simmer 30-40 minutes or until lentils are tender. Drain and transfer to large bowl.

Meanwhile, in large no-stick frying pan over medium heat, warm oil. Add onions, celery, and garlic; cook, stirring frequently, 2 minutes. Stir in salsa, lime juice, horseradish, and cumin; simmer 2 minutes.

Pour over lentils. Add corn and parsley; gently toss to mix well. Serve warm or chilled.

Per Serving (1¼ cup):
Calories: 278 Carbohydrate: 45.4 gm
Cholesterol: 0 mg Protein: 14.4 gm
Sodium: 617 mg Fat: 4.2 gm
Fiber: 7.3 gm
Diabetic exchange: 1 bread + 1 vegetable + 1 med.-fat meat



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CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

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The Dropsy Story

continued from page 31

Post: Why is CHF increasing in our population?

Dr. Hunt: I think that is most likely because people are living longer. Congestive heart failure is increasingly common as one gets older. Our population is aging, and so we are going to be seeing more and more people with heart failure. If people died younger, of cancer or what have you, as they used to, they probably wouldn't live long enough to get heart failure. I don't think there are any data that CHF is increasing, for instance in the younger population. It's just in overall prevalence, and that goes along with the aging population.

Post: If CHF is a phenomenon of aging, at what age might people start showing signs of heart failure?

Dr. Hunt: Since the majority of cases of CHF are due to weak muscle because of coronary artery disease, the age is younger for men than women. In women, the incidence starts going up after menopause. In men, it probably starts going up in the 40s. And it goes gradually up in the subsequent decades. Women, of course, are protected from the most common kinds of heart disease by their hormone status, at least until time of menopause. Not 100 percent protected, however.

Post: What might be some early indications of CHF?

Dr. Hunt: The most common early indication is shortness of breath, usually experienced first with physical exertion. The person feels perfectly fine sitting still, but when they try to climb a hill or go up a flight of stairs, some form of exertion that they used to be able to do quite easily, it becomes difficult, and they find themselves huffing and puffing and fatigued.

Post: At what point might a doctor detect this problem?

Dr. Hunt: Usually at that point. Typically a patient comes into my office and says something like, "Hey doc, I used to be able to run up the two flights of stairs to my office and now I'm huffing and puffing when I try this." If the reason for that *is* heart failure, I will usually be able, with my stethoscope, to detect some evidence of fluid in the person's lungs, and he'll probably have an abnormal cardiac exam. So by the time the patient has symptoms, the doctor who is alert to looking for CHF can usually find it.

Post: Would it help if you could detect CHF earlier, in its initial stages?

Dr. Hunt: That is a very good question. If you had asked that question a year or so ago, I would have said probably not. But there has been some research just in the last year and a half that suggests that if you catch incipient heart failure while it is still asymptomatic, and intervene with a certain class of drugs, you can forestall the development of symptoms. So the answer to that question is yes, actually, and that is fairly new information. The class of drugs which have been shown to provide this benefit is known as the ACE inhibitors, which are drugs also commonly used for high blood pressure treatment.

Post: How do doctors describe the degree of CHF? Isn't there a procedure for measuring the amount of blood the heart is pumping?

Dr. Hunt: Yes, there are all kinds of ways to measure the heart function. You have to understand that heart failure is the end-product of a variety of different possible disease processes. For instance, if your heart failure is caused by bad valves, I would follow it in a different way than if it were due to coronary artery disease or the consequence of a heart attack. So the answer is, it's different in different disease states. One can just generically measure the cardiac function either of two ways: invasively, which means invading the body with instruments; or noninvasively, which usually involves the use of ultrasound technology to image the heart structures and their function.

Post: The echocardiogram?

Dr. Hunt: Yes, that is the noninvasive approach.

Post: And that basically tells you how much blood is being pumped through the heart?

Dr. Hunt: No, the echocardiogram is an imaging technique that creates an ultrasound image of the heart. It is pretty much like the radar scans you've seen that they use for air traffic control. It shows the heart beating, and from the screen picture one can make certain measurements and say that the dimensions of the heart are this or that and that it squeezes x amount per beat. It does not allow a direct measurement of how much blood per minute is flowing through the heart. To make

continued on page 82

Having retired, Jack was able to take his shot at professional basketball.

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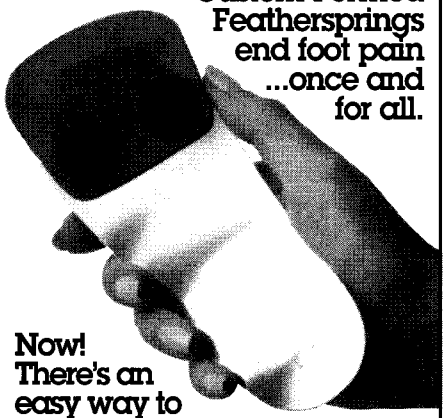

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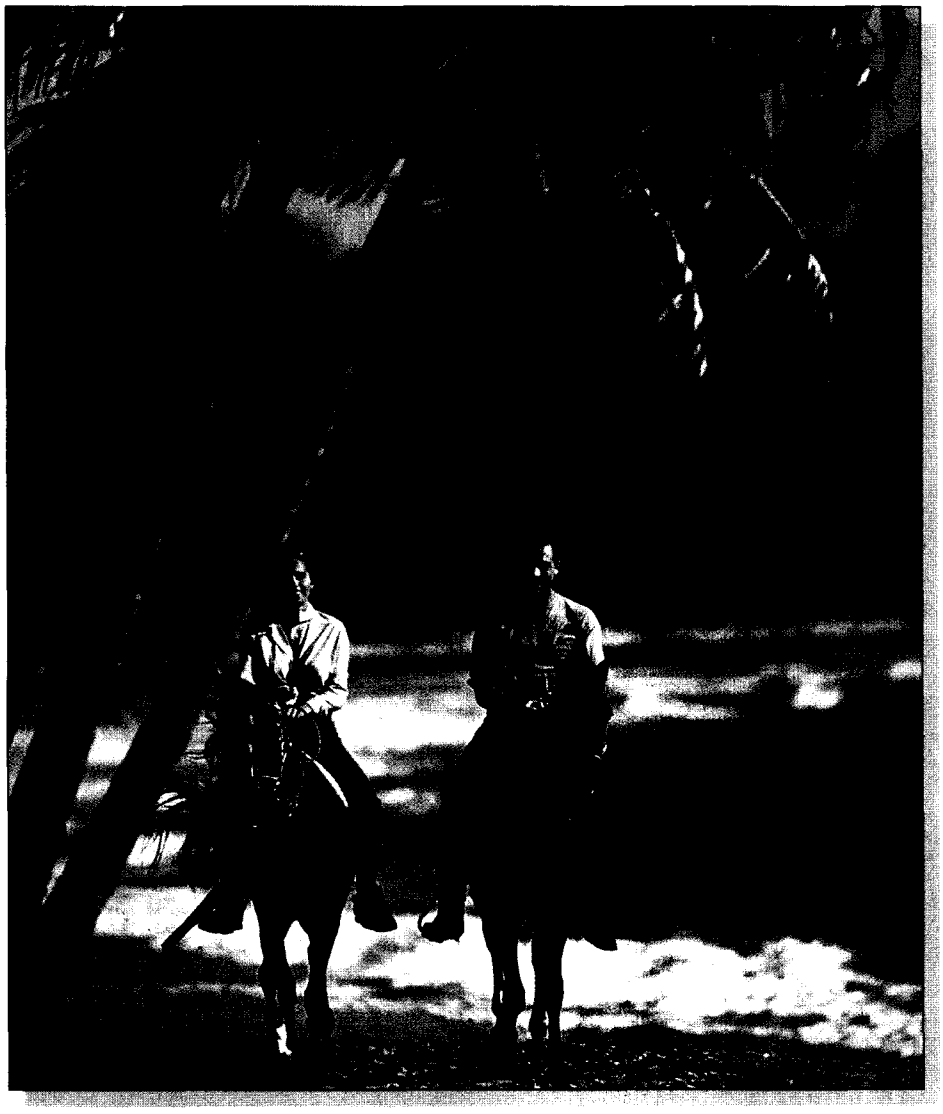
Puerto Rico: The Great Escape

Heed the call of the tradewinds and come to the Caribbean for a taste of the tropics not too far from home.

by Patrick Perry

Galloping down a sandy Caribbean beach in the West Indies on a horse called a *paso fino*, I realized a lifelong fantasy—to ride along a tropical coastline, experience the cold sea spray on my face, feel my heart beat in sync with the pace of my mount, hear the ocean whitecaps crash against barnacled rocks, and sense the swaying palm leaves as they rustle in a nearby forest.

For that reason alone, Palmas del Mar resort in Puerto Rico will forever remain a favored destination. Whether visitors come in search of horseback riding, a tennis tune-up, beach combing, or a daunting game of golf, they'll find it at Palmas. Among the many amenities the luxury resort offers are snorkeling and scuba diving, world-ranked championship golf courses, expert tennis facilities with on-staff professional instructors, and deep-sea fishing excursions. Nearby is adventure in a "real" tropical rain forest called El Yunque, and, of course, the sights, sounds, and sales of centuries-old San Juan.



USAir whisked us from Miami to the oceanfront runway of San Juan's major airport where (thankfully) tour guides from our hotel were on hand to help us cope with the hectic and crowded hub. Navigating the narrow streets of San Juan is a skill one must acquire. "It's always like this," our bus driver says, unconcerned about the people darting in and out of traffic along the city's brick and stone streets—after all, one third of Puerto Rico's three million-plus residents live in or near the old town. Heading out on the highway, the scene changes from hectic metropolitan to tranquil countryside—lush hillocks and gullies occasionally dotted with the beautiful *flamboyant*—delicate, umbrella-shaped trees that burst into scarlet masses of flowers lasting until late summer.

After a 45-minute ride from the airport, we arrive at our destination—Palmas del Mar, Spanish for "palms near the sea." The 2,700-acre resort, with its more than 3,000 coconut palm trees, is located on the eastern coast of the island. Stucco buildings painted in tropical pastel colors are terraced down the carefully landscaped hills facing the Caribbean Sea below. The hotel's open-air lobbies and archways are also decorated in tropical colors of aqua, orange, and lavender. As the name promises, everywhere you turn you're greeted by palm trees.

From the balcony of my spacious room, I glimpse through the palm fronds the aquamarine waters of the Caribbean. Palmas is built around a crescent-shaped coastline called Candelero Beach. At Palmas, as was once true in Rome (with a minor twist), all roads lead to . . . the beach. Soon all visitors traipse down the shady paths to enjoy the Caribbean's unique beauty.

Offshore, young and old bob up and

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down among the choppy waves while others parasail. Meanwhile, a lone brave windsurfer pits his stamina against gusty equatorial breezes as less adventuresome visitors stroll up and down the sandy coast or prop up against a nearby palm with a good book or for a soothing siesta.

An oceanfront center called the El Coquí Activity Center offers a variety of rental equipment, including bicycles, boogie boards, inner tubes, beach cabanas, and snorkeling gear. A bicycle allows me to scout the area before sunset. Bike and walking paths snake through playgrounds, lovers' lanes, and jogging paths, leading to the tennis courts, golf clubs, and just about every attraction at the resort. Pedaling down a deserted road, I discover a trail leading out to the marina. The rocky path winds to an ancient jetty that obviously once served as a gateway for major shipping vessels and now provides a calm inlet where private boats, yachts, and fishing boats could moor. A massive stone monolith at the end of the jetty provided a perfect vantage point for a panoramic

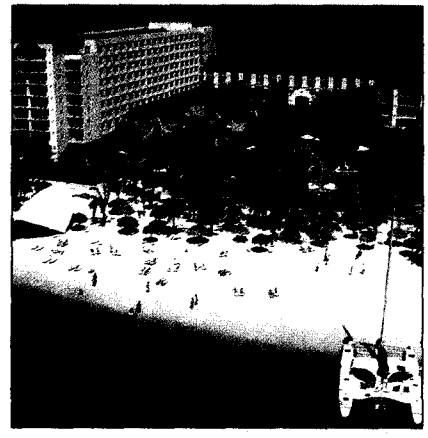
Dutch Treat

by Earl L. Conn

Winter-weary vacationers are treated royally on Aruba, a booming outpost of the Kingdom of the Netherlands.

A tanned and muscular bodybuilder sprinted toward the beach, eager to cool down after his morning workout at a nearby fitness center. Along with everyone else in the Palms Restaurant at the Hyatt Regency Aruba, Mike, the busboy, was impressed. "I'm going to look like that in two years," stated the teenager, flexing his already bulging biceps. He could say this with assurance because he recently had won an island bodybuilding competition.

Both Mike and his native Aruba share determination and confidence. Only Aruba is flexing its tourism muscles even faster—like right now. The island, a part of the Kingdom of the Netherlands 15 miles off the coast of Venezuela, is one of the Caribbean's "hottest" destinations. Scores of cruise ships drop anchor weekly at the capital-



city port of Oranjestad. Almost 650,000 people arrived by air last year at the Queen Beatrix International Airport, many on charters from the United States. (Miami is 2½ hours away; New York City, about 4 hours.) Visitors come from as far away as Russia; Canada is a steady market, and the United States is still the major supplier of tourists—60 percent of all who visit the island.

What is the attraction of this tiny royal outpost? Part of it has to do with the red carpet that Arubans love to roll

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out for guests. They enjoy being good hosts and approach hospitality as a team. They're in it together–the Aruba Tourism Authority, the hotel association, taxi drivers, shopkeepers, restaurateurs, service personnel–and all are dedicated to providing a tourist-friendly environment.

Melissa, the young waitress, went all out to please. Unsure of her English, she asked in Spanish if the diners had completed their meals. They signaled they had not, so she asked, "How do you say it in English?" Told that the word was "finished," she repeated it several times, smiled, and left the table, ready to ask her next customer at the right moment: "Are you finished?"

Tourists most likely attracted to the island are those seeking a safe, comfortable resort community with conveniences and plenty of family-oriented activities. Crime and unemployment approach zero. Although casinos abound, they are one in a string of options to explore. The leeward, southeastern coast has miles of sandy beaches, blue Caribbean waters, an average temperature of 82 degrees, and cool breezes. Water sports include swimming, sailing, scuba diving, and windsurfing. The windward, northern coast is more desolate but has caves and rocky stretches to attract the more venturesome. Arubans proudly boast that no hurricanes have hit the island since 1934.

Traffic moves on the right, same as in the States, and because the island is only about 20 by 6 miles, visitors can travel anywhere in a short time. Most of the shopping is centered in Oranjestad, San Nicolas, and the hotels. The new Royal Plaza Mall in Oranjestad, opened in 1995, has full occupancy on two floors and is filling a third. American dollars are accepted everywhere, along with the Aruban florin, usually called a guilder.

Perfect for the traveler who wants to sample a different culture close to home, Aruba is finally living up to its 500-year-old name. When the Spanish conquistador Alonso de Ojeda landed on the island in 1499, he called it *Oro Hubo*, meaning "there was gold there." Subsequent settlers disagreed, leaving the island to pirates who preyed on galleons carrying treasures from other Caribbean and South American points. The Dutch nudged out the remaining handful of Spaniards in 1636 and, except for a ten-year period early in the 19th century, have held Aruba ever since. Actually, if the Spanish had hung around until 1824, they would have discovered gold on the northern coast, but not enough to prove a profit. What did become profitable was black gold–Aruba eventually was the site of one of the largest oil refineries in the world.

Even that has been replaced by another form of gold: tourism.

***If you go**: Proof of identity and a return ticket are all that is required of U.S. and Canadian citizens to enter Aruba. The island is served by 11 airlines. For more information, call 1-800-TO-ARUBA.*

A focal point of the Aruba Hyatt is the water park–an 8,000-square-foot, three-level pool complete with waterfalls, two-story water slide, whirlpools, gardens, and a lagoon stocked with tropical wildlife.

view of the area—the nearby beach, boats at sea, exclusive homes climbing the hillside, the cumulus clouds, the mountainous forest called El Yunque, and the vast Caribbean Sea.

Near dusk, I pedal back to the resort and begin to hear an unfamiliar, but enchanting, high-pitched call. The sound is from a tree frog called *el coquí* and has become synonymous with Palmas. Legend has it that if lovers see the elusive and tiny *el coquí*, their love will last.

Mention Palmas del Mar to many, and their first words are "Great golf!" Designed by Gary Player, the Las Palmas Golf Club features a challenging 18-hole, par-72, 6,960-yard course (don't plan on walking this one) guaranteed to challenge even the most avid golfer. Two veteran golf journalists rate it one of the top five golf courses in the Caribbean. A putting green and adjacent driving range are located nearby. At the course's signature hole, number 14, golfers (and photographers) often hold up the line for a breathtaking view of the Caribbean Sea, nearby Vieques Island, and El Yunque, Puerto Rico's rain forest.

If tennis is your game, you've also come to the right place. Recognized by *Racquet* magazine as one of the top 100 tennis resorts in the world, Palmas del Mar has 20 courts—5 clay and 15 hard. The Racquet Club runs the resort's tennis program that includes tournaments, mixers, tennis aerobics, stroke-builder clinics, and private lessons by professional players for individuals or groups, including children. Upstairs from the Racquet Club is the resort's fitness center. Free weights, universal gym, state-of-the art fitness equipment (including StairMasters), and rowing machines line the walls with enough room in the facility for daily aerobic and step classes.

Because Puerto Rico is surrounded by water, water sports are among the most popular activities on the island. The resort's excursions for snorkeling and scuba diving are managed by Coral Head Divers. Lessons and certification classes are available for novice and experienced divers. Dive sites offer views of multicolored coral, reef walls, small caves, swim-throughs, and closeup encounters with a variety of exotic tropical fish. But before depart-

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He Is Risen
the Easter story

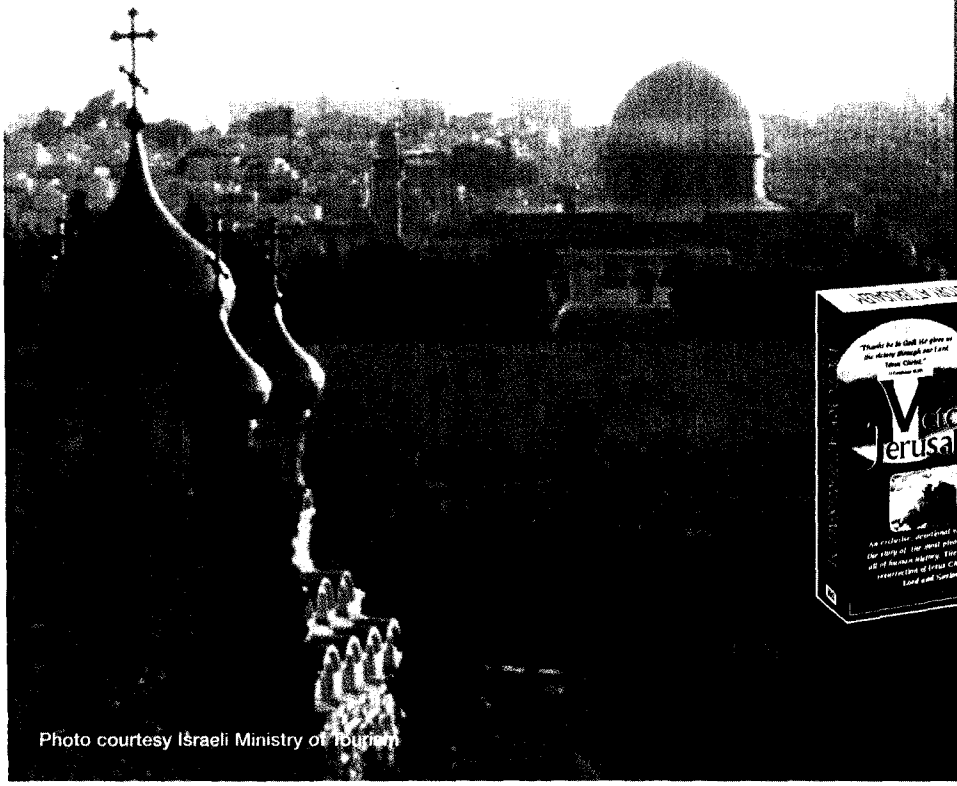
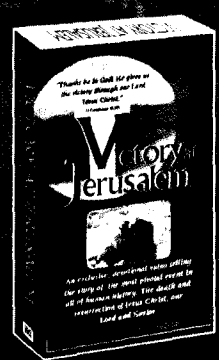


Photo courtesy Israeli Ministry of Tourism

Victory at Jerusalem chronicles the pivotal event of all history—the death and resurrection of Jesus Christ.

Pastor Ronald Kelly will take you on a journey through Jerusalem visiting the sites where the events described in the Gospels actually occurred nearly 2,000 years ago, based on the latest archaeological research.

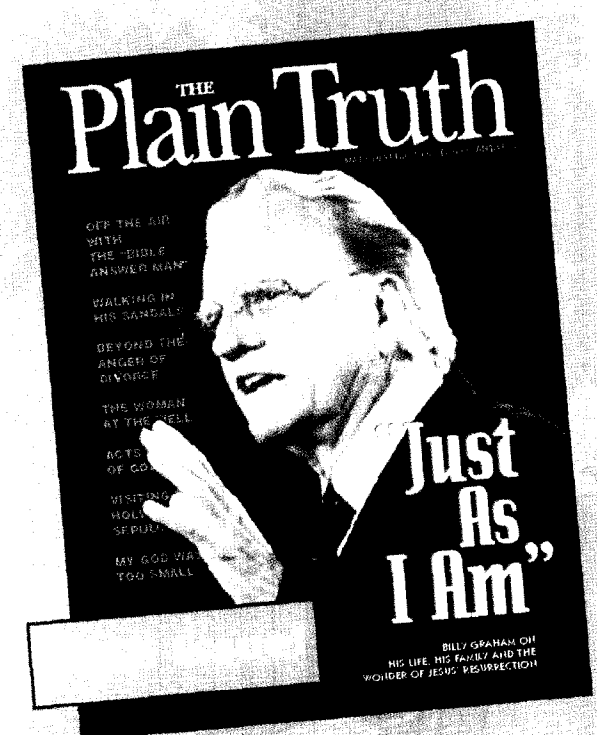


Order this inspirational video and you'll experience the last days of Jesus Christ and his victorious resurrection in a way you never have before.

Victory at Jerusalem is available for $19.95. To order this 70-minute video today, simply call 1-800-309-4466 (Extension 112) and charge it with your VISA, Discover or MasterCard.

Operators are available Monday through Friday 7 a.m. to 4 p.m. PST.

Offer is available only in the U.S.A.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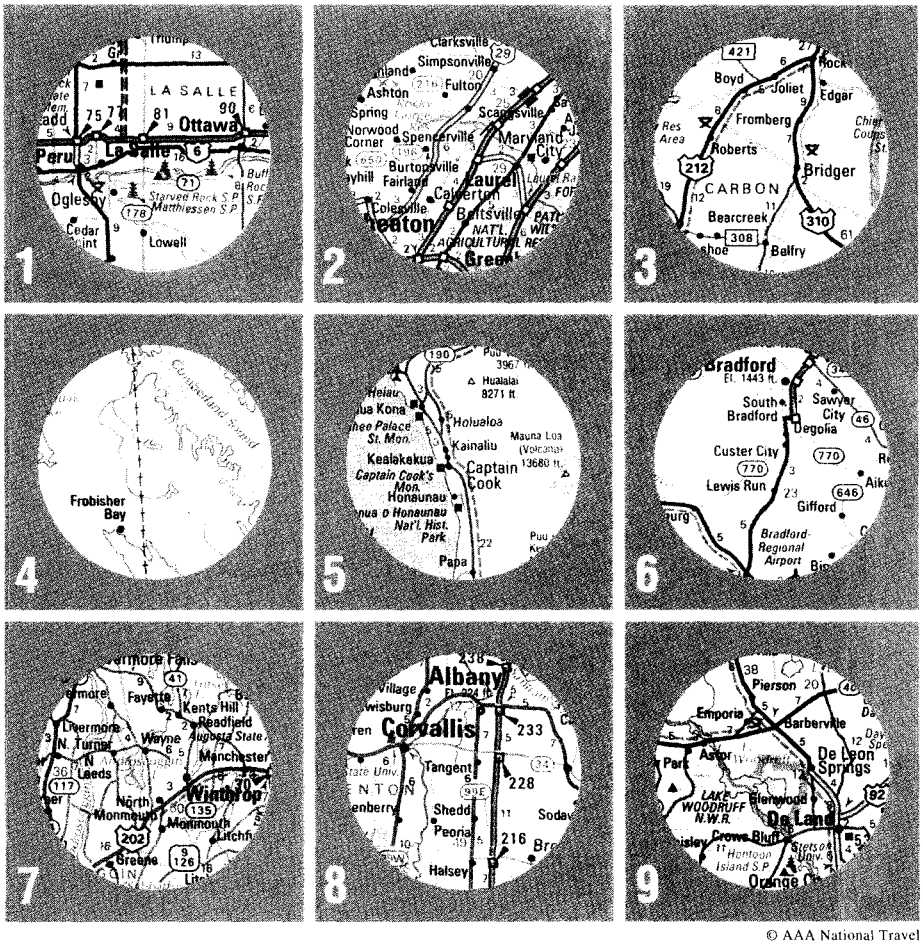
ing on a day's excursion, make sure that the waters aren't too rough. One of the divers on my trip was so exhausted fighting the turbulent waters and reduced visibility that her reboarding proved not only exhausting, but dangerous. My advice: Check the weather forecast beforehand and ask about refund policies before committing to a dive.

For deep-sea fishermen, half- and full-day charters are available through Palmas del Mar's marina. The resort works through Maragata Charters, which features a 46-foot Hatteras and a 28-foot Mako vessel. Fishing the continental shelf and offshore reefs can land you a marlin, tuna, or wahoo. The daily excursion includes tackles, bait, beverages, and the all-important fishing poles. One experienced marine fisherman thought the prices were a little steep; if you agree, check at the marina to find more reasonable charters available for hire.

You say you like horseback riding? Well, I'm not an experienced rider (and have the saddle scars to prove it), but I recommend neither novice nor experienced rider miss this experience. Pepito's stables provide guests with friendly, courteous service, well-trained guides, and much reassurance. Each person in our group was matched with a horse according to body weight, level of experience, and comfort. The Puerto Rican breed of horses, called *paso fino* (Spanish for "fine walker"), is a treasure. Well-trained *paso finos* are world-famous for their graceful gait—a high-stepping, even stride that never breaks into a gallop. An experienced rider and professional equestrian in our party commented that trained *paso finos* are like "rocking horses." Initially, we warmed up the horses (and the riders) with an even-paced excursion through the sugarcane fields and over rolling hills. The trail leads to the coast. Once there, it's the thrilling gallop along the



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 80)

San Juan

The oldest capital city under the U.S. flag, San Juan is a historian's haven—a unique and charming city not to be overlooked while visiting Puerto Rico. From the cobblestone streets and pastel-painted shops to the century-old forts and contemporary squares, Old San Juan boasts a unique and unforgettable charm.

Before exploring the seven-block square of old San Juan, visit the tourist office by the docks to pick up a map of the historic district—it will save you time. Wear comfortable shoes and clothing. It's hot in this teeming city, so dress appropriately.

Don't miss the centuries-old fortresses. The largest is San Felipe del Morro, or El Morro, fortified in 1539 to defend San Juan Bay. Within its 16-foot-thick walls are rare artifacts from its colonial period. Just east of El Morro is Fort San Cristobal, built in 1635 as another bastion to defend San Juan from inland attacks. Admission is free. I enjoyed Catedral de San Juan. Built in 1540 and restored in 1977, the church houses the body of Puerto Rico's first governor, explorer Juan Ponce de Leon, in a marble shrine. Across the street is El Convento, a 17th-century Carmelite convent undergoing extensive renovation that soon will open its doors as an exclusive hotel. From Casa Blanca to Plaza del Quinto Centenario, Puerto Rico's historical district can easily take two days to absorb.

The narrow streets are constantly busy. Shoppers and tourists arrive daily from inland resorts and passing cruise ships. Galleries offer native artwork, such as hand-crafted glassrock sculptures and the famed hand-carved wooden santos collectibles. Puerto Rico is duty-free, but prices vary. Check around the different boutiques, galleries, and street vendors for native and handmade crafts.

—Patrick Perry

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You Can Build A Miracle!

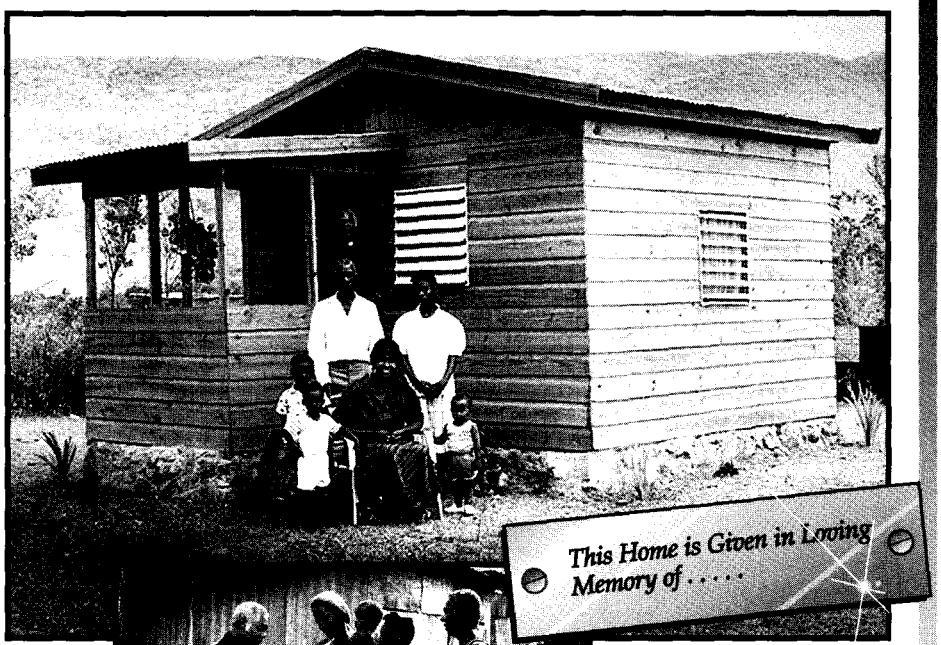
Sponsor a Poor Family and Build Them a Home for Only $1,000
Make a One-Time Gift or Pledge $100 Monthly

For poor families in the Caribbean countries, the shelter of even a simple wooden house is forever out of reach. Instead, they sleep in cardboard boxes and tin hovels. What little money a family earns will barely pay for a meager supply of food. Stripped of their human dignity, they lose any sense of hope. In despair, these poor cry out to God for a miracle — a miracle you have the power to fulfill.

"A home for just $1,000 — I'm amazed by the value and impact of Food For The Poor's home building program. This is an out-reach that does more than just sustain people. It provides poor families with a real opportunity to change their lives and build for a better future."

— Tony Randall

Actor Tony Randall has starred in a range of television, movie and theatre productions, from ***The Odd Couple*** to ***Inherit the Wind***. He is currently the artistic director of the National Actor's Theatre.



Make This Miracle A Reality!

Since 1982, Food For The Poor has answered Christ's call to help the needy by supplying more than $220 million in basic goods to the poor of the Caribbean. Through this ministry, nearly 5,000 simple homes have been built for the poorest of God's poor — all thanks to idividual sponsors like you.

To ensure that the neediest people are helped, Food For The Poor works through local clergy. They select recipients and help monitor the process of construction.

It's a big day when a home is completed. The whole community often gathers to give thanks to God. Hymns of praise mingle with grateful tears. This is truly a dedication of joy! A poor family's prayers have been answered!

Won't you join the thousands of others who are making such miracles a reality for the glory of God? Build a home for $1,000. A monthly pledge program also is available to make your tax-deductible donation easy and affordable.

We also welcome memorial gifts and special dedications. Simply send along an engraved wall plaque or one can be produced for you for an additional $15. A home given in another's name honors that person in a very special way.

Sponsor a home & receive:

- A photograph of the home your gift has built.
- A certificate acknowledging your gift, memorial or special honoree.

Yes, I Want To Build A Miracle!

14471

☐ Let the work begin! Here's my check for $1,000.

☐ Apply this $100 gift to a monthly schedule. I pledge to continue my support to total $1,000.

☐ I am enclosing an additional $15 for a memorial plaque.

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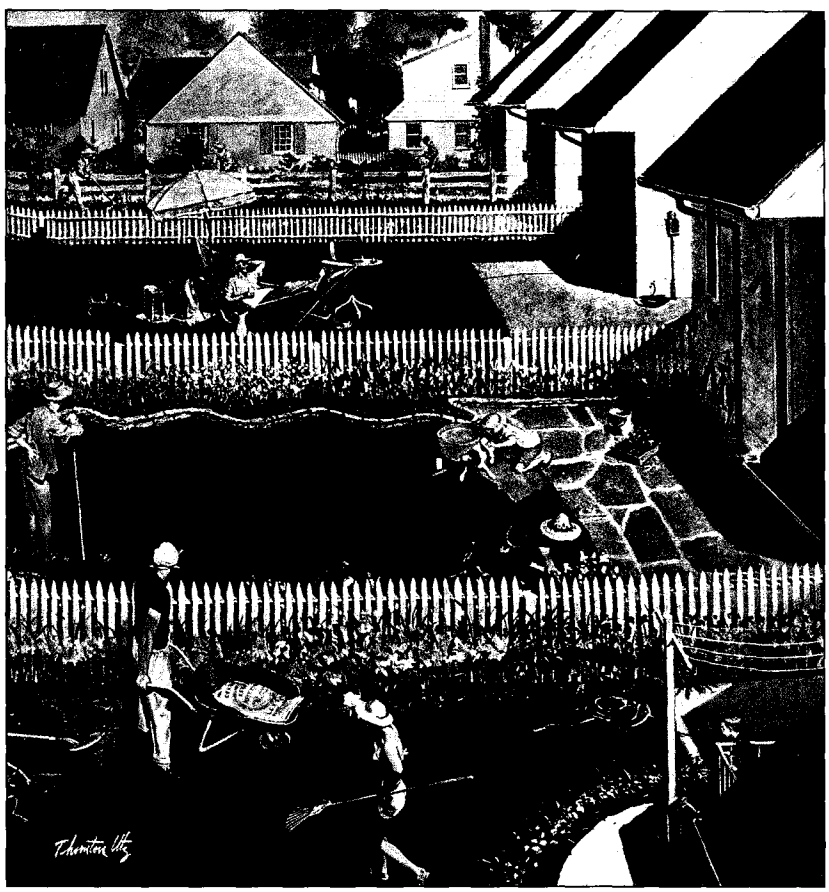
sea's tide that provides the adventure you will never forget. Although Pepito's building accommodations are rough (by American standards), the patient service and friendly smiles make up for any shortcomings. I highly recommend this half-day experience. Ask about Pepito's horseback riding excursion at the hotel desk; they can handle the details.

A walking tour of El Yunque rain forest offers a variation in exercise options for the Puerto Rico tourist. The only rain forest in the U.S. National Parks Reserve System, El Yunque is a 45-minute ride from Palmas del Mar. The 28,000-acre nature reserve receives more than 100 billion gallons of rainfall annually and is home to waterfalls, wild orchids, giant ferns, towering tabonuco trees, and sierra palms. Hikers can choose from dozens of well-marked trails outlined in the maps available at the park's Welcome Center. The excursion through the resort is a six-hour trek, but if you're in a hurry, ask the concierge about tailoring your visit and arranging transportation. Of course, durable and comfortable shoes, insect repellent, and appropriate clothing will make the trip much more memorable.

Exercise does make one hungry. Thank goodness Palmas is as well-known for cuisine as for its variety of sports. After a round of golf, visit the Golf Deli right off the eighth hole and pick up a fresh seafood sandwich or house salad, plus libation of choice. For an elegant experience, nothing tops the open-air Palm Terrace, which offers fresh, sumptuous Caribbean seafood and continental cuisine—not to mention a romantic view of the sea. There are 14 restaurants on the resort property, and none failed to satisfy my palate.

For a monthly roster of activities at Palmas, pick up a copy of the newsletter *The Coquí*. It lists the month's celebrations, special events, daily activities, religious service schedules, and a guide to specially tailored children's programs that the resort offers. The newsletters are located at the reservation desks in each of the resort's hotels. Palmas del Mar not only caters to hotel tourists, but offers condominiums, resort time-share opportunities, homes, and even villas for sale. Townhouses start at $225,000; if you're feeling especially frisky, you can spend more than $1 million for the more lavish private properties.

To find out more about Palmas del Mar or schedule reservations, call 1-800-PALMAS-3 (800-725-6273).



Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by April 22, 1997.

The winner of the March/April 1997 contest will be announced in the July/August 1997 issue.

Our congratulations and a check for $100 go to William H. Olson of Washington Island, Wisconsin for the winning entry in our Nov./Dec. 1996 caption contest.

He opened the trunk in the attic
and found what it held was dramatic;
Though boots and red suit
did not quite compute,
the beard was the most enigmatic.

Where Do You Think You Are?

(Answers from page 78)

(Theme: Places named for explorers or early settlers.)

1. La Salle, IL
2. Calverton, MD
3. Joliet, MT
4. Frobisher Bay, Canada
5. Captain Cook, HI
6. Bradford, PA
7. Winthrop, ME
8. Lewisburg, OR
9. DeLeon Springs, FL

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Do Your Bones Pass the Test?

continued from page 22

at highest risk. Additional risk factors include: a calcium-poor diet, inactive lifestyle, cigarette smoking, excessive use of alcohol, low testosterone levels in males, exposure to certain cancer treatments, the use of excessive thyroid hormones, and the use of steroidal and anticonvulsant medications.

Although osteoporosis did not run in Dorothy Blum's family, she did undergo a hysterectomy in her 20s and was taken off estrogen replacement therapy after developing a blood clot. And, in her case, the use of blood-thinning and thyroid medications, prolonged inactivity during frequent, career-related airline travel, and no regular program of weight-bearing exercise helped to weaken her bones and increase her risk of developing the disease.

"If I had known the risk factors that I had, I certainly would have made some changes in my life," Blum says. "My husband and I were very health conscious with our diet and exercise. I was swimming regularly—it is great exercise, but it is not the best for osteoporosis because it is not weight-bearing. If I had known, I would have been walking with weights, paying a lot more attention to my diet, and supplementing earlier on with calcium. And I probably would not have broken my back because I would not have been in that boat."

Bone density testing is currently the only reliable way to find out how weak or strong your bones are *before* a bone breaks from osteoporosis. Early detection, followed by diet, exercise, and (possibly) medication, can reduce the risk of fracture.

"I am an absolute big advocate of bone testing," Blum emphasizes. "My bones are about 75 years old now, and I'm just 45! If my osteoporosis had been diagnosed earlier, I probably could have saved myself a lot of pain and suffering."

Bone density tests range in price from $120 to $250 and are covered by many health insurance policies. To locate the nearest bone density testing facility, call 1-800-464-6700 Monday through Friday from 8:00 a.m. to 9:00 p.m. (E.T.). ▲

For more information *on osteoporosis, contact the National Osteoporosis Foundation at 1-800-223-9994.*

If You're An Angel

continued from page 24

stage and all the men and women merely players. People often do impressions as angels, just as some can do pretty good apes. The act doesn't make the fact. Benjamin Disraeli, faced with the question whether man is ape or angel, declared himself on the side of the angels. It was a good choice, probably part of the reason he was trusted to become prime minister of England despite his running at a time when apes had the majority.

Lots of people go by the name of *Angel* or *Angela*. Most of these are false angels, given their names by hopeful parents who wanted to plant a suggestion but didn't quite have the chutzpah to go for *Prudence* or *Chastity*. Two of these who are probably real angels are Angela Lansbury and Angie Dickinson. At least they appear so to this writer.

Only three certified angels have appeared in this writer's life—his mother, his wife, and her mother. Both mothers are now among the aviary host, but all their work is still done by his wife.

Wondering whether you're an angel? Not likely. Still, one never knows. If you suspect you may be one, you're invited to this writer's house Thursday night for a game of poker. Turn off your halo and we'll deal you in. ▲

Grisham's Law

continued from page 43

novelist named to *People* magazine's "50 Most Beautiful People in the World" list last year.

Humble Home

Nonetheless, the activities of the rich and famous hold no interest for Grisham, whose reclusive family lifestyle snickers in the face of fame. His idea of the good life is sipping coffee on the veranda with Renee, his wife of 16 years, and watching their two children grow up: son, Ty, age 12, and daughter, Shea, age 10.

When Grisham first began to climb the bestseller's lists, he and Renee decided to return to Oxford, Mississippi, where they attended school years before. It seemed like the ideal environment for Grisham to write and Renee to complete the undergraduate degree she was working on when they got

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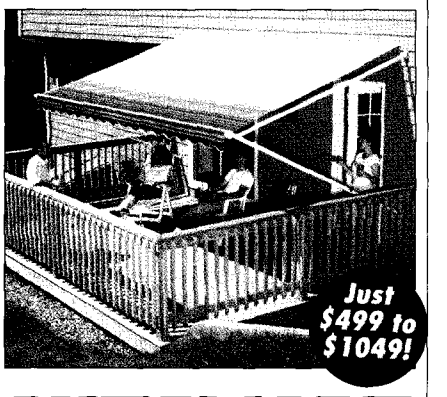

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married. However, Oxford has a thriving tourist business as the home of author William Faulkner. It also isn't far from Elvis Presley's Graceland mansion in Memphis, so it wasn't long before the sightseeing buses were tooling past the Grishams' yellow Victorian house on the hill and fans were wandering around the family's 67-acre farm, cameras in hand. Some even knocked on the front door to say hello and ask for an autograph. One day when the Grishams stepped out on the porch, there was a couple getting married in their pasture. Clearly it was time to move.

Today, the Grishams live on a 204-year-old plantation hideaway set back on 100 rolling acres outside Charlottesville, Virginia. Lest these digs sound a tad rustic, they include tennis courts, a croquet court, a swimming pool, three quarter horses, a full-time housekeeper, a maintenance man, and a private jet.

However, Grisham insists, "We still think of ourselves as regular people; I swear we do." He explains, "We want to keep things normal for ourselves and for our kids, so there's a constant undercurrent of trying to maintain a normal lifestyle."

Grisham defines "normal" as coaching his kids' Little League teams, teaching Sunday school, going on mission trips with other members of his Southern Baptist church, and donating very generously to good causes. And, of course, writing—one new novel per year. His next book—*The Partner*—is scheduled to debut this spring.

But for Grisham, "normal" doesn't necessarily mean small or inexpensive. When he moved his family to rural Virginia, this enthusiastic Little League dad was dismayed to learn the closest ball field was 20 miles away. So he built his own "field of dreams"—a complex that has grown to include six modern ball diamonds accommodating 350 kids on 26 teams. And that's where Grisham says you can find him every afternoon—personally cutting the grass, dragging the dirt infield, and putting the chalk down for the games.

Humble Fame

"Fame can be a struggle, and all struggles test the faith," Grisham admits. "I have often asked God what are the reasons for [my] success . . . and I am still looking for the answer." Also, he says, "I go for long walks in the woods, and I ask myself if I'm handling it [success] the way it ought to be handled."

But Grisham is quick to point out, "I firmly believe all this is temporary. It will be over one of these days—five years from now, ten years from now. The books will stop selling for whatever reason." And then what will have mattered most? That's no mystery to this master of legal thrillers.

"One of my best friends in college died when he was 25, just a few years after we had finished Mississippi State University. I was in law school, and he called me one day and wanted to get together. So we had lunch, and he told me he had terminal cancer.

"I couldn't believe it," Grisham remembers. "I asked him, 'What do you do when you realize that you are about to die?' He said, 'It's real simple. You get things right with God, and you spend as much time with those you love as you can. Then you settle up with everybody else. You know, really, you ought to live every day like you have only a few more days to live.'

"I've never forgotten my friend's advice," Grisham says in a quiet southern drawl. ▲

You Be the Judge

by José Schorr

Joe's wife was driving a friend's car, with Joe and friend as passengers. She sped too fast, and Joe said so. The friend retorted, "Stop being a back-seat driver—she knows what she's doing!" Joe's wife rammed the car into a stone wall soon afterward. So Joe sued the friend for his personal injuries.

"I told you my wife was heading for an accident at the rate she was going, and you wouldn't let me stop her," Joe asserted. "As it was your car, I shut up."

"All I did was to express an opinion," the friend replied. "You didn't need my permission to tell your own wife what to do."

If you were the judge, would you make the friend pay?

The friend had to pay. The court pointed out that as the car owner, he made the wife his agent in driving the car by telling her to ignore her husband's objection. Thus it was as if he had driven into the stone wall himself.

Based upon a 1959 New York decision.

The Dropsy Story

continued from page 72

that measurement, you have to put the instruments inside the heart and measure the flow velocities.

Post: Is what you are measuring noninvasively called the ejection fraction?

Dr. Hunt: Yes, that's right. That basically is the fraction of blood that is ejected with every heartbeat. Most normal people eject about 60 to 70 percent of the blood out of the heart with every heartbeat. When the heart gets weak for whatever reason, that number goes down.

Post: How are heart attacks related to congestive heart failure?

Dr. Hunt: Heart attacks are basically the consequence of an abrupt cutoff of blood supply to a segment of the heart muscle. The most common cause, of course, is plaque building up in the coronary arteries leading to occlusion of an artery. When the heart attack happens, whatever quantity of muscle that is supplied by that particular artery that becomes blocked off dies and turns into scar tissue. So you have a heart that is minus some part of its muscle, and if enough muscle gets turned into scar tissue, with enough heart attacks or a big enough heart attack, then the remaining muscle starts to be too weak to keep up with the needs of the body, and you end up with heart failure because of inadequate squeeze function.

Post: Is CHF progressive?

Dr. Hunt: That depends on how successful we are with the medical intervention. Left to its own devices, it usually becomes

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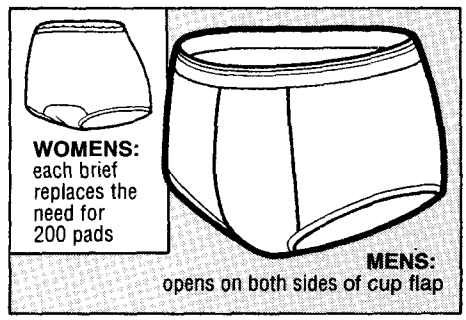

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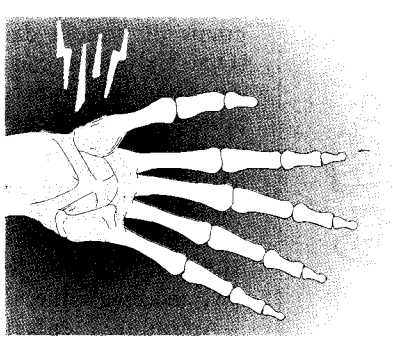

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progressive, yes. Now, as we alluded to, we have ways to help with medications and regimens that have been developed over the years. But, if you are asking does it up and go away on its own, the answer is very rarely.

Post: In our introduction we talked about digitalis for treating CHF. How important is it today?

Dr. Hunt: As a matter of fact, it is still very widely used. It is the fundamental drug that is usually started first and is the mainstay of everybody's treatment for heart failure. Interestingly, there was some thinking, even in the 1990s, that maybe it was outmoded, that we now have more potent drugs. They actually went out and did several rather modern studies to try to show that digitalis wasn't worthwhile. And they ended up showing that it most likely *was worthwhile.*

Post: How about the ACE inhibitors?

Dr. Hunt: The ACE inhibitors are very widely used, and probably not as universally used as they should be, but they are always added in addition to digitalis and diuretics. They certainly don't substitute for it.

Post: So obviously digitalis must have some other effect that the ACE inhibitors don't.

Dr. Hunt: Yes, it most likely works in a very different way so the two drugs are attacking the weak muscle problem in very different ways.

Post: How long have ACE inhibitors been used to treat CHF?

Dr. Hunt: The concept of using them was studied in the early '80s. The clinical trials were done in the late '80s and early '90s. Their really widespread use followed the clinical trials that showed them efficacious. Those reports came out around 1992.

Post: They were first developed to treat blood pressure, weren't they?

Dr. Hunt: Right. The medications were developed as antihypertensive agents. As I say, the concept that these might be reasonable things to use for heart failure didn't begin until the late '70s or early '80s.

Post: Isn't hypertension a risk factor for CHF?

Dr. Hunt: Yes, it surely is, in two ways. One, because it is a risk factor for developing coronary heart disease and thus heart attacks or myocardial infarctions. Secondly, hypertension in and of itself over the years can weaken the heart simply due to the heart having to work against a high head of pressure to get the blood out to the body. So hypertension definitely is a big risk factor.

Post: What can people suffering from CHF do to help themselves beyond taking the drugs prescribed by their doctors? Will diet or exercise help?

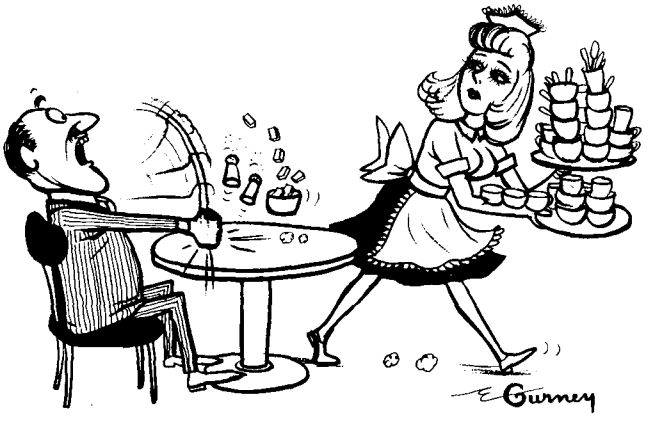
Dr. Hunt: What I am going to tell you sounds like a pretty standard cardiologist's sermon. You should maintain ideal body weight; that is, if you are overweight, try to thin down. God knows don't smoke, or quit if you do. Diet-wise, other than maintaining weight, we recommend a restriction on salt intake. Salt overload can make heart failure a lot worse by exacerbating the fluid retention. And then people with cholesterol problems obviously need to watch the fat and cholesterol content of their diets. Exercise is also important. One doesn't want to become sedentary with heart failure. We advise patients to exercise as much as they comfortably can. Obviously, someone with heart failure can't run marathons, but you would like them to keep as fit as their condition allows.

Post: So the exertion won't hurt the heart?

Dr. Hunt: No it won't.

Post: There is a lot in the medical literature right now about a new direction in CHF research concerning a protein called TNF-alpha that is found in the bloodstream of heart failure patients. Do you foresee some breakthrough treatments?

Dr. Hunt: Undoubtedly. TNF-alpha belongs to a family of proteins called cytokines. They are circulating molecules that are part of the normal physiology of reaction to heart failure. Their mechanisms are just being elucidated. Clearly, once it is well understood what role they play, pharmacologic ways to manipulate them will be sought. It's been a sort of repetitive track record with understanding normal physiology. As we come to understand normal physiology, we start getting creative about finding ways to manipulate it in disease states. The cytokines you allude to will probably be the next big breakthrough in heart failure. ✱



The Perfect Squelch

The pretty little restaurant waitress was being run ragged by a rush of customers who ordered nothing but coffee and left no tips. Even though her smile was wearing thin, she did her best. Then came an abrupt male character who commanded, "Coffee—and be quick about it!" Having no more teaspoons, the waitress put a tablespoon on his saucer.

"What kind of service is this?" the man roared. Next he went into a harangue, ending: "I ordered coffee, not soup. Where are the teaspoons, anyhow? This spoon is too big."

"Use it," the little waitress replied evenly. "It fits."

—B. Declercq

Weightlifting for Seniors

continued from page 36

grams of protein daily. (One six-ounce can of tuna has 40 grams of protein; four ounces of meat, fish, or poultry has about 30 grams.) Choose low-fat, high-quality protein sources such as chicken, fish, soy, and egg white.

Adequate calcium also is important. Postmenopausal women need 1,500 milligrams of calcium per day and older men need 800 milligrams. And vitamin D, which is available only in sunlight and fortified milk, also helps maintain muscle and bone.

Seniors who want personalized help in starting a strength-training program can get referrals through a university physical education department or hospital-based wellness center. ✱

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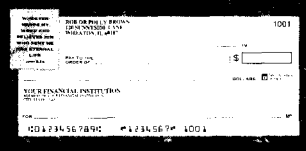

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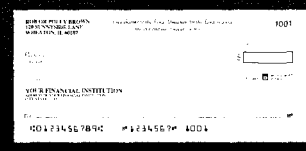

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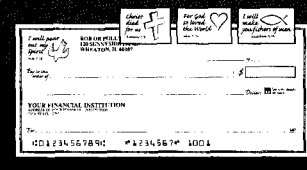

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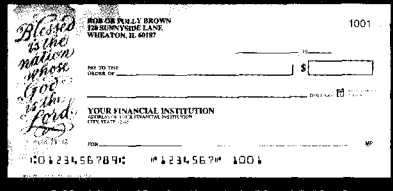

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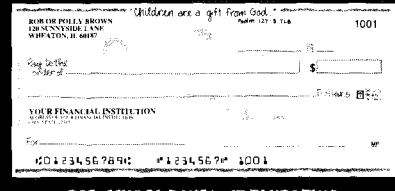

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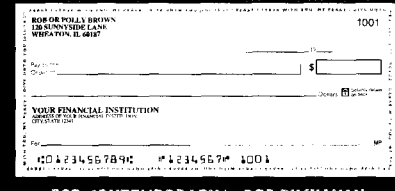

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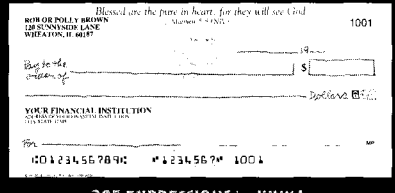

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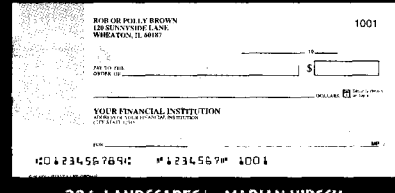

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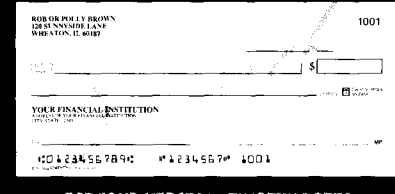

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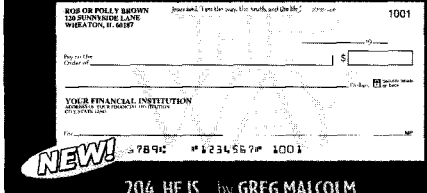

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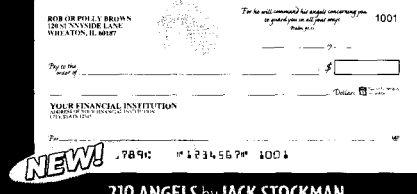

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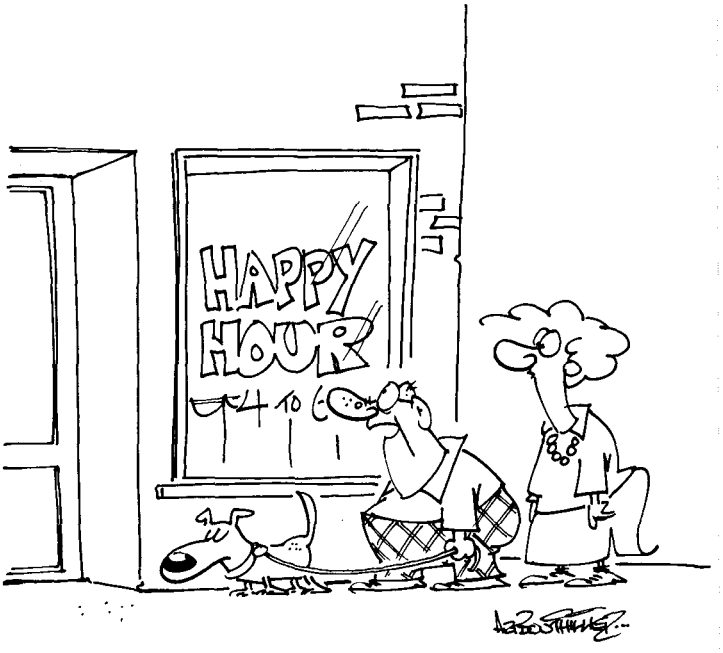
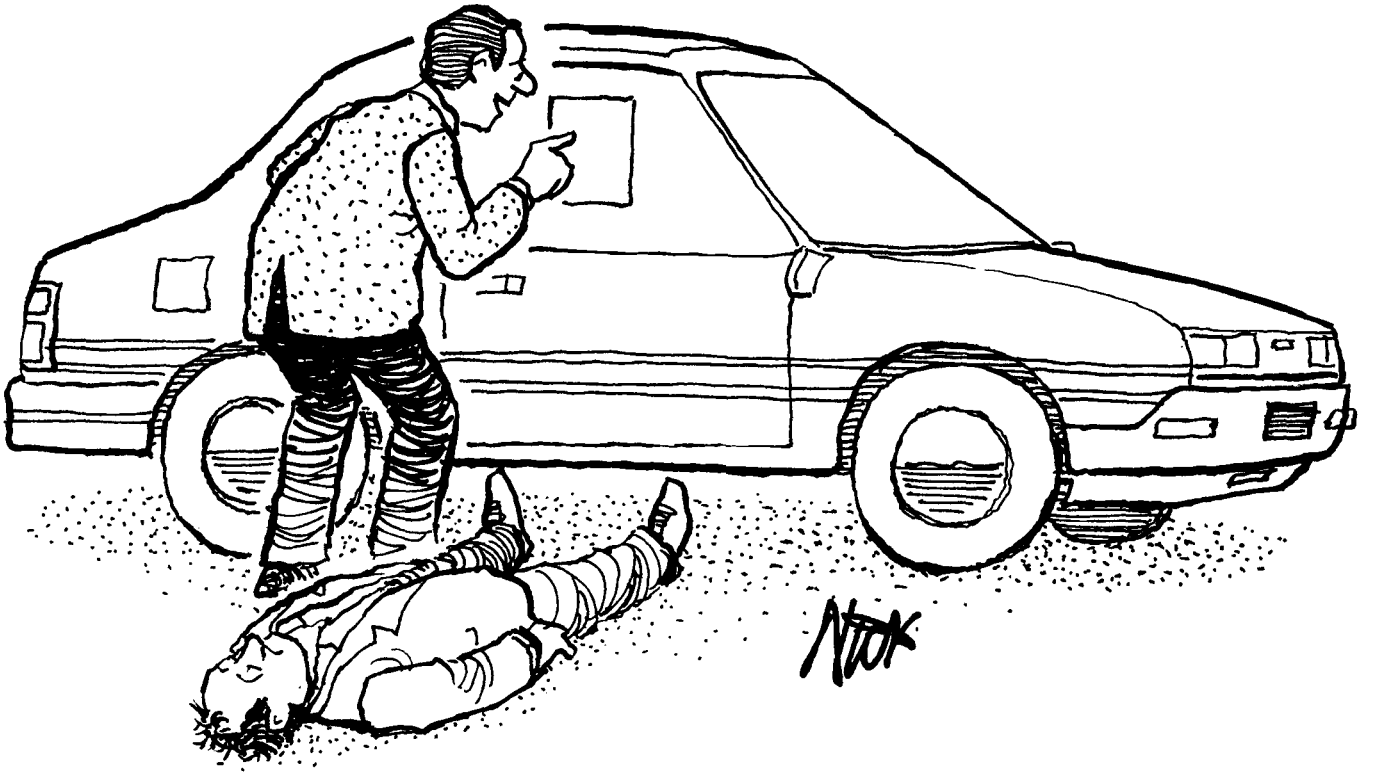


"Gosh, I remember when happy hour was something other than a good bowel movement!"

"I know the doctor isn't in. I took his parking space."



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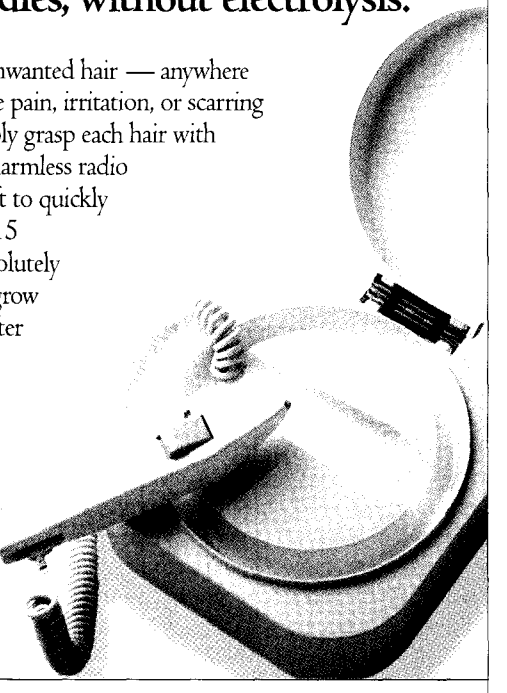
PRODUCTS FOR HEALTHY LIVING™

Painless, permanent hair removal. Without needles, without electrolysis.

Gentle enough for eyebrows, underarms, bikini line... anywhere you wish to remove hair safely and painlessly.

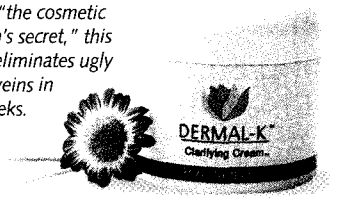
Finally! A safe, lasting solution to unwanted hair — anywhere on your body. Never again suffer the pain, irritation, or scarring of electrolysis needles. Instead, simply grasp each hair with Forever Free's™ precision tip — its harmless radio frequency travels down the hair shaft to quickly and safely destroy the root. Within 15 seconds, out slides your hair — absolutely painlessly! At first, some hairs may grow back, but much lighter and finer. After two to four treatments they should stop growing altogether — guaranteed!

Forever Free™ Permanent Hair Removal System
A4515 $100.
plus $6.25 s+h. Add sales tax for shipments to CA (7.25%) and TN (8.25%).



End ugly spider veins!

Called "the cosmetic surgeon's secret," this cream eliminates ugly spider veins in just weeks.



Formerly available only through dermatologists and plastic surgeons, this professional-strength (5%) vitamin K cream eliminates spider veins— without shots or lasers! Apply twice daily and in just weeks see spider veins disappear—and stay away. Helps prevent and heal bruising, too. 2 oz.

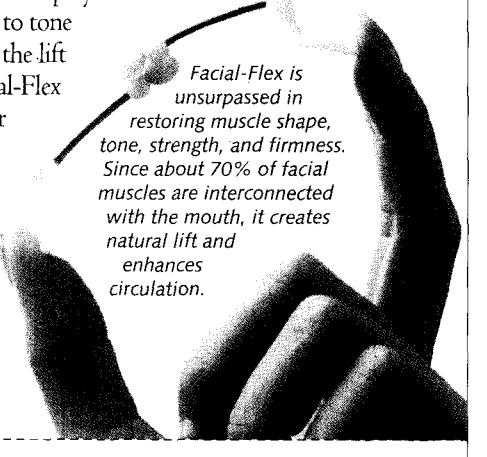
Dermal-K™ Vitamin K Cream
A4507 $30.
plus $4.95 s+h. Add sales tax for shipments to CA (7.25%) and TN (8.25%).

Give your face a lift. Without surgery.

Now, you can actually reverse the telltale lines of aging and regain a radiant, youthful-looking face. With an easy, 2-minute workout, Facial-Flex® is proven to do what no beauty cream can — restore lost muscle tone, boost circulation and reshape sags and bags into a tighter, smoother face, neck and chin. First developed for stroke rehabilitation, clinical trials document a 32% increase in facial firmness and a 250% increase in facial muscle strength in 8 weeks. Facial-Flex employs the same kind of resistance exercise used to tone the rest of your body. Give your face the lift it deserves, naturally! You'll have Facial-Flex to thank for a youthful appearance or your money back.

Facial-Flex® A3491 $69.
plus $4.95 s+h. Add sales tax for shipments to CA (7.25%) and TN (8.25%).

In just minutes a day, you can take off years.



Facial-Flex is unsurpassed in restoring muscle shape, tone, strength, and firmness. Since about 70% of facial muscles are interconnected with the mouth, it creates natural lift and enhances circulation.

For fastest service, order by phone 24 hours a day! 1-800-520-9924, ext. 348.

Make checks payable to:
SelfCare Catalog
104 Challenger Drive
Portland, TN 37148-1716

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☐ *Send me a free catalog*

Name _____

Address _____ *City* _____ *State / Zip* _____

Payment: ☐ *Visa* ☐ *MC* ☐ *AMEX* ☐ *Discover* ☐ *Check* $_____ *Total*

Credit Card Number _____ *Expiration Date* _____

Authorized Signature _____ *Daytime Phone* ( ) _____

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"There is so much good in the worst of us and so much bad in the best of us that it hardly becomes any of us to say very much about the rest of us."—*Edward Wallis Hoch*

Portable Defibrillators Taking Off

We applaud American Airlines—the first domestic airline to put defibrillation equipment on board for quick treatment of sudden cardiac arrest. Automated external defibrillators (AEDs) have been saving lives in hospitals and on emergency vehicles for several years, but only in the last year have they become relatively inexpensive, compact, and easy to use. American will place the lifesaving devices on its international flights and some domestic over-water routes this spring.

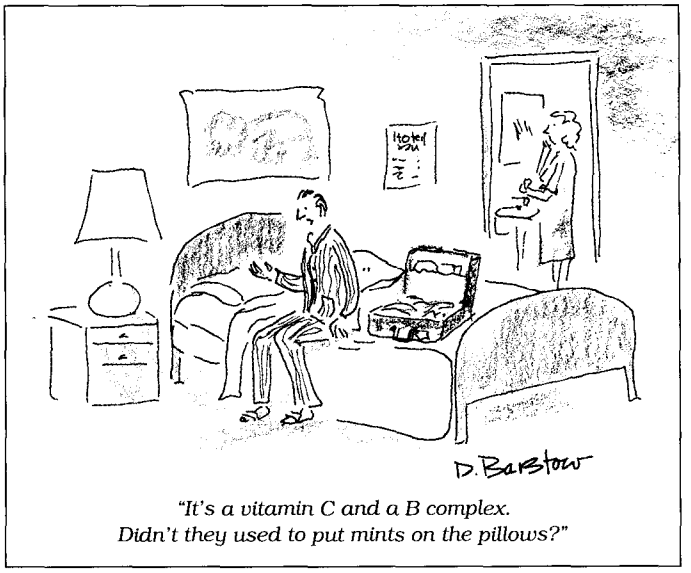
American Airlines, the American Heart Association, and Heartstream, Inc. of Seattle are training 2,300 flight attendants to operate AEDs. The Heartstream ForeRunner® units weigh four pounds and are the size of a hardcover book.

"Timely defibrillation is the definitive treatment in saving the lives of sudden cardiac arrest victims," said David McKenas, American's corporate medical director. "With each passing minute, the chance of survival by a sudden cardiac arrest victim decreases by 10 percent."

In the past, chances of survival from in-flight sudden cardiac arrest were very low. Standard protocol was to divert the aircraft to a nearby airport many minutes away, where trained ground personnel could apply defibrillation therapy.

Major U.S. airlines may follow American's lead and place automatic heart defibrillators on their long-distance flights. Approved by the FDA last year for in-flight use, 300 of the lifesaving devices will be on-board American Airlines planes this spring.

Airlines in other countries, such as Air Zimbabwe, Qantas, and Virgin Atlantic, already have defibrillators; Qantas has revived six passengers. Experts estimate that 100,000 lives a year could be saved if AEDs were widely available. We urge our readers to encourage their local public officials to make these defibrillators standard equipment on police and fire-fighting vehicles. *Busy airports and large public offices should be next for having this equipment available with the same priorities as given to fire extinguishers and first-aid kits.*



"It's a vitamin C and a B complex. Didn't they used to put mints on the pillows?"

Dilantin for Depression

Dear Dr. SerVaas:

As a public librarian, I meet a number of people who are depressed. They come searching for relief in self-help books, medical textbooks—or elsewhere.

Now comes the book titled *The Lion of Wall Street* by Jack Dreyfus, who tells a convincing story of Dilantin to be used for conditions other than epilepsy—namely, mental depression.

If depression is so horrible and Dilantin is so wonderful, what is the holdup? After years of experimenting and studying in Europe, why is this not an accepted treatment?

Marian E. Bollinger
South Whitley, Indiana

We asked Iver F. Small, M.D., a psychiatrist affiliated with the Indiana Family & Social Services Administration and LaRue D. Carter Memorial Hospital, to respond to your question. Dr. Small answers:

"Your letter presents a very important issue. Depression is a horrible illness, and its treatment can be both controversial and difficult.

"Dilantin is an anticonvulsant. Several of these kinds of medications have been shown to be useful in the treatment of mania and possibly depression. However, there are no good studies that show Dilantin itself is helpful for these problems. This is the mainstream opinion of psychiatric practitioners and research scientists, who have their carefully designed experiments reviewed and replicated by others.

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"If you would like more information, contact your local community mental health center, or the Mental Health Association of the American Psychiatric Association in Washington, D.C. These groups have good reviews of the usual, effective treatments available for depression."

Antioxidant Test Available

Dear Dr. SerVaas:

I saw a Saturday Evening Post Health Show in which Dr. Ken Cooper said it is possible to measure free-radical activity in the body. He said that after a person takes antioxidants, it is possible to show that the free-radical activity is reduced.

I would like to have this done and would like to know how free-radical activity is measured in the body. What medical specialist would know how to do this, or is it only a research procedure at the present time?

Maxine Wilson
Fort Wayne, Indiana

We sent your letter to Dr. Ken Cooper, author of *The Antioxidant Revolution.* He responded with the following:

"Free-radical activity occurs so rapidly, and in such great numbers, that it can only be measured in highly sophisticated research laboratories. More commonly, scientists measure the byproducts, or 'footprints,' of free-radical activity. The two most common measurements are DNA damage and the F2 isoprostanes. DNA damage may be the first step of cancer, and F2 isoprostanes are indicators of lipid peroxidation, probably the first step in arteriosclerosis and heart disease. Unfortunately, these laboratory studies are very expensive, and not yet available to the general public.

"Free-radical activity can also be estimated by measuring total antioxidant function. If it is deficient, more antioxidants must be consumed to avoid damage. Your physician can order an extensive evaluation of antioxidants, vitamins, and total antioxidant function from SpectraCell Laboratories, Inc., 515 Post Oak Blvd., Suite 830, Houston, TX 77027."

Peeling Gums

Dear Dr. SerVaas:

For years I've used Sensodyne toothpaste for my sensitive teeth. Several months ago I started noticing the tissue just inside my mouth (all around the back of my lips) peeling about 30 minutes after brushing my teeth.

Crest Sensitivity Protection, Arm & Hammer Dental Care, Sensitive Formula, and Aquafresh Sensitive all affect me the same way. I've thought of just using baking soda but am afraid my teeth will start hurting again.

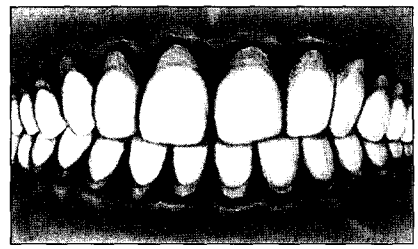
Do you have any suggestions I might try for this problem?

Barbara E. Romano
Las Vegas, Nevada

Several years ago, we interviewed Dr. Paul Keyes, retired researcher from the National Institute of Dental Research and a pioneer advocate of brushing with hydrogen peroxide, baking soda, and salt to clean the teeth. He advised the following:

Dip the toothbrush into the hydrogen peroxide bottle, then put the wet brush into a box of baking soda and shake on the salt. I have followed his advice ever since, and so far it has worked very well.

We sent your letter to Dr. Henry Swenson, who is a periodontist on the staff of the Indiana University School of Dentistry. He offers these suggestions:


WARNER-LAMBERT

Proper brushing, flossing, and regular professional cleaning can help prevent periodontitis—the inflammation of bone and gum tissues that support our teeth. More teeth are lost as a result of severe periodontitis (shown above) than for any other reason, including cavities.

"Peeling of the gum tissue is being seen more frequently in recent years. This could be related to additives incorporated in newer dentifrices to support claims that the product will do more than just clean teeth.

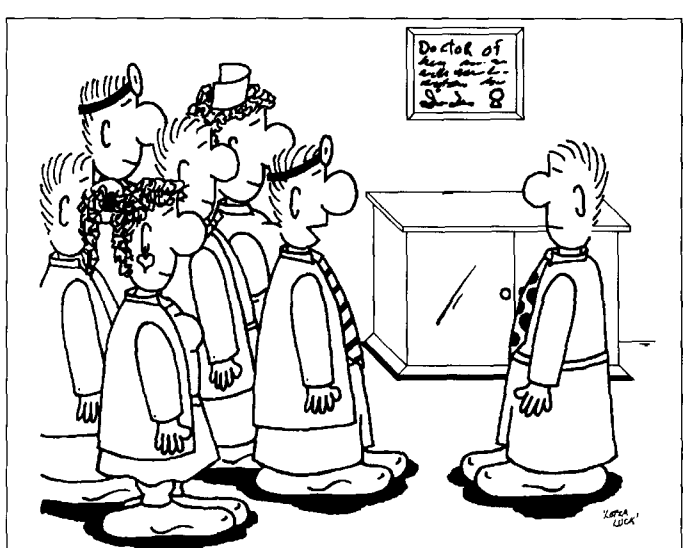
"Tartar control preparations work on the principle that a particular additive will delay or prevent calcium ions from bonding closely together. This theoretically makes the tartar softer, and easier to brush or floss off the tooth surface. Unfortunately, skin cells *need* calcium ions to bond to each other. If calcium ions are not present for proper skin metabolism, there may be peeling of the surface cells. This occurs in a very small percentage of people.

"Other people may be allergic to flavoring agents in dentifrices. Peeling can also result from systemic conditions, although this is extremely rare. If painful blisters appear which peel and are long standing, a dentist who is trained in oral medicine or oral pathology should be consulted for suggested treatment.

"Generally, people who experience peeling of the gum tissue can be helped by avoiding a particular additive. Changing to a dentifrice that basically cleans the teeth is a logical treatment."

Medical Emergency

We'll call him Don. Our daughter called to say he had arrived at the Indianapolis International Airport red-faced,



"I'm afraid our tests indicate your condition is worse than we thought. Your bank account shows you have only about $300 left to live."

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dizzy, and sweating profusely. His business associate had taken him directly to an outpatient emergency clinic en route to her office.

Don didn't know he had hypertension, but his blood pressure was 220 over 122—a medical emergency. He was given *a short-acting calcium channel blocker,* Procardia (nifedipine), a drug approved for use in the United States for the treatment of angina only. It has also been given for high-blood-pressure emergencies for a number of years, but just the previous month I had read a *JAMA* report that cautioned oral nifedipine may cause more deaths under these circumstances than it prevents.

Don wasn't my patient, but a long-time acquaintance. He knew a great deal about licensing intellectual properties and had licensed Norman Rockwell art for *The Saturday Evening Post* for many years.

After spending the night at a local hospital, Don arrived at my office to say he was catching a plane back to the East Coast. He handed me a bottle of 30 mg Procardia XL Extended Release Tablets. This *long-acting form of nifedipine is FDA-approved for the treatment of hypertension.* We were relieved.

Dangerously high blood pressure is a medical emergency that must be treated with the same urgency as one would give to an impending heart attack or stroke. It is important to try to reach a specialist in cardiovascular disease when such an emergency strikes.

Garlic and Blood Pressure

Dear Dr. SerVaas:

I heard one of the doctors being interviewed on "The Saturday Evening Post Health Show" mention that garlic was good for lowering blood pressure. I am already taking Cardura for my high blood pressure problem.

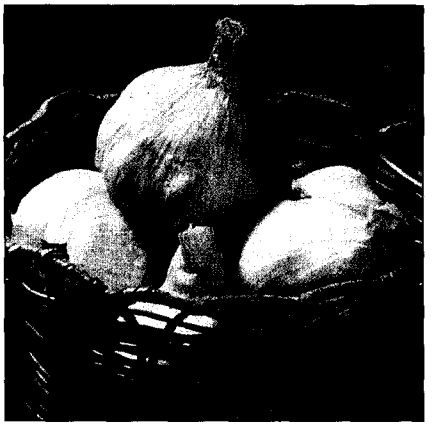
If I took garlic, would I need to take less Cardura?

"Harold was a man who brought home the bacon and, against doctors' orders, kept eating it."

How much garlic should one take to lower the blood pressure? What is the most recommended method of taking garlic?

My husband doesn't like the smell of garlic, so I can't eat it in food. Thank you kindly for your assistance.

Abigail Clark
South Bend, Indiana



"There are several studies which show that garlic can have an effect in lowering blood pressure in some individuals," says Dr. Dale Guyer, an internal medicine physician in Indianapolis. He advises that garlic supplements, combined with exercise, weight loss, and a good diet, may allow some patients to reduce or discontinue blood pressure medications.

Dr. Dale Guyer, an internist at St. Vincent Hospital in Indianapolis, answers your letter:

"In my own clinical practice, I would most often use garlic in combination with other adjunctive therapies designed to create a synergistic approach to management of mild to moderate hypertension. They would, of course, include a good exercise program, weight loss, and a good diet. The diet would incorporate modest amounts of sodium, higher amounts of essential fatty acids (found in deep water fish, such as salmon), and the exclusion of stimulants (such as caffeine) and other items which do not tend to promote an overall optimal state of wellness (such as refined sugar products).

"In addition to these simple approaches, I would also recommend the use of garlic, usually in the form of Garlitrin 4000 or Kyolic. These are deodorized versions of garlic, so you would not have to be concerned about your husband noticing the smell of garlic. The dose is usually one to two capsules daily of Garlitrin 4000. I often combine garlic with an essential fatty-acid supplement, such as flaxseed oil, two to four grams daily. I might also add magnesium and potassium to this regimen, as both have been shown in multiple studies to have a favorable effect on blood pressure. Another important nutrient that can be very helpful with blood pressure is Co-Enzyme Q10. (However, it is somewhat expensive.) The dose is generally in the range of 60-100 mg daily, to have a therapeutic effect.

"All of these supplements have multiple other health-promoting benefits. Your local health food stores should be able to help you learn more about these products and where you can find additional information.

"Regarding the Cardura that you are currently taking, some patients are not able to discontinue their blood pressure medicine. You really need to work closely with your primary doctor to wean the blood pressure medicine appropriately. To discontinue a medicine abruptly can lead to rather significant problems and should, therefore, be done under the guidance of your physician.

"Hopefully, you would eventually be able to lower the dose of Cardura or discontinue this medicine entirely."

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Myeloid Metaplasia

Dear Dr. SerVaas:

As a result of a bone marrow biopsy, it was determined that I possibly have myeloid metaplasia. My blood counts are good, except for low platelets. My spleen is quite enlarged. What little information I've been able to obtain is vague on this disease. Could you shed some light on it?

Shirley Stewart
Denver, Colorado

We sent your letter to Dr. Solomon Adler, professor of hematology at Rush-Presbyterian-St. Luke's Medical Center in Chicago. Blood cell formation, called hematopoiesis, normally occurs in our bone marrow. Dr. Adler explains that this process sometimes goes awry.

"Myeloid metaplasia refers to the state in which blood cells form in organs outside of the bone marrow (extramedullary hematopoiesis), usually in the spleen or liver, which are normal sites of blood formation during fetal development. This may occur in a number of diseases, but adult onset myeloid metaplasia is almost always secondary to a major abnormality of the blood-forming cells. Since your physician made the diagnosis after a bone marrow biopsy, I presume he suspects myelofibrosis with myeloid metaplasia, also known as agnogenic myeloid metaplasia (AMM)—a disease that has gone by about 15 to 20 different names.

"Unfortunately, except for the very rare patient who is successfully treated with a bone marrow transplant, no cure has yet been found. Available treatments include supportive care, with transfusions of red blood cells and/or platelets, interferon, hormones, and chemotherapy. High-dose corticosteroid therapy has been reported to decrease marrow fibrosis in some patients, and splenectomy (removal of the spleen) or low-dose splenic radiation are options for properly selected patients."

Painful Skin Condition

Dear Dr. SerVaas:

I have a problem that I have not seen addressed anywhere, and I do hope there is a solution. My nose was frostbitten about 12 years ago when I attended the Mummers Day Parade in Philadelphia on a bitter cold New Year's Day. It took some time to realize that I was frostbitten; the doctor who made the diagnosis had no advice to offer, except to stay out of the cold. As time has elapsed, that is not easy to do. I now suffer from the cold more each year—not necessarily only in the winter, and sometimes even indoors.

This condition can be quite painful, and my activities are restricted in cold weather. A few red veins have appeared in my cheeks, near the nose, and the nose always has a peeling appearance.

Cecilia Neumann
Bel Air, Maryland

Unfortunately, we are not aware of any treatment for prolonged symptoms following frostbite. Treatment is available, however, for the red veins that have appeared on your face. Dr. C. William Hanke, Fellow of the American College of Physicians, responds:

"Your description of 'red veins' on your cheeks is consistent with the diagnosis of *rosacea* or *solar telangiectasia*. Rosacea is a vaso-active disorder that is made worse by sun exposure. Solar telangiectasia is characterized by the appearance of fine blood vessels of skin that has been chronically exposed to the sun. Laser treatments can be successful for both conditions. I recommend consulting a dermatologist who is proficient in laser surgery."

Treatment for Disfiguring Skin Condition

University of Florida researchers Dr. Yao-Hua Song (left) and Dr. Noel Maclaren examine a petri dish containing a protein they hope will eventually help sufferers of vitiligo. More than one percent of the United States' population is affected by vitiligo, including pop singer Michael Jackson.

Dear Dr. SerVaas:

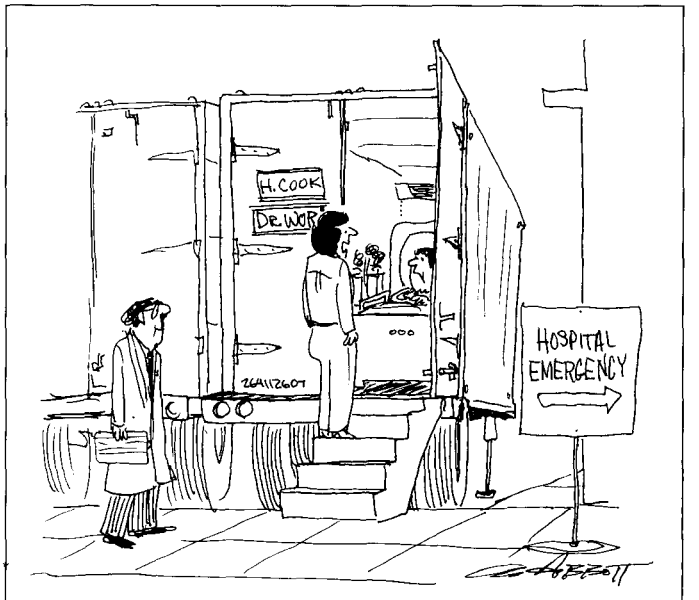
My neighbor friend has had white blotches on her outer forearms and the backs of her hands for two years. Her dermatologist diagnosed it as vitiligo and she uses a topical cream. She wants to know if there is any way to prevent the blotches?

Mrs. Roy E. Toothman
Lima, Ohio

Researchers at the University of Florida believe that an immune system attack on pigment-producing cells—triggered by excessive levels of a naturally occurring enzyme, tyrosinase—is responsible for the disfiguring disorder. Scientists there are investigating treatments which may, in the future, stop the immune attack and restore normal skin coloring.

Dr. C. William Hanke responds to your neighbor's question:

"Vitiligo is a relatively common condition characterized by white patches of skin. Pigment-producing cells called melanocytes are absent in the white patches. The cause of vitiligo is unknown, but a familial tendency exists. Sun exposure, combined with an oral medication, can sometimes improve vitiligo and keep it from worsening. Cosmetic creams or tanning solutions may help camouflage small lesions. Dermatologists are well-versed in the treatment of vitiligo." ▲



"Herbert, you should have been suspicious when they said it was a big semi-private room."

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April-Fool Cover, page 57

There are at least 45 major April fooleries on this April-fool cover. If you can find 25 of them, you are shooting par. If you can find 35, you're bogey plus, and if you find more than that, you ought to start discovering new stars with the naked eye.

To check your score, the principal April fooleries in the painting are: 1. the trout, 2. the fishhook, 3. and the water, all on the stairway; 4. the stairway running behind the fireplace, an architectural impossibility; 5. the mailbox; 6. the faucet; 7. wallpaper upside down; 8. wallpaper has two designs; 9. the scissors candlestick; 10. silhouettes upside down; 11. bacon and egg on the decorative plate; 12. the April-fool clock; 13. the portraits; 14. ducks in the living room; 15. zebra looking out of the frame; 16. mouse looking out of the mantelpiece; 17. a tire for the iron rim of the mantelpiece; 18. medicine bottle and glass floating in the air; 19. fork instead of a spoon on the bottle; 20. the old lady's hip pocket; 21. the newspaper in her pocket; 22. her wedding ring on the wrong hand; 23. buttons on the wrong side of her sweater; 24. crown on her head; 25. Stillson wrench for a nutcracker in her hand; 26. skunk on her lap; 27. she is wearing trousers; 28. she has on ice skates; 29. no checkers on checkerboard; 30. wrong number of squares on checkerboard; 31. too many fingers on old man's hand; 32. erasers on both ends of his pencil; 33. he is wearing a skirt; 34. he has a bird in his pocket; 35. he is wearing roller skates; 36. he has a hoe for a cane; 37. billfold on string tied to his finger; 38. milkweed growing in room; 39. milk bottle on milkweed; 40. deer under chair; 41. dog's paws on deer; 42. mushrooms; 43. woodpecker pecking chair; 44. buckle on man's slipper; 45. artist's signature in reverse.

April-Fool Cover, page 58

1. Apples on maple tree. 2. Different-color apples. 3. Baseball among apples. 4. Pine boughs. 5. Pine cone should point down under bough. 6. Horse-chestnut leaves. 7. Grapes. 8. April 1st comes on Sunday, not Monday. 9. Penguins don't fly. 10. Halo. 11. Nest on phone. 12. Different-color egg. 13. Phone wire on wrong end of receiver. 14. Different or wrong color butterflies. 15. Books on tree. 16. Castle in landscape. 17. Lighthouse and ship. 18. Earmuffs. 19. Fur collar on velvet jacket. 20. Two different designs on shirt. 21. Shirt buttoned wrong way. 22. Life jacket. 23. Three hands. 24. Cigarette and pipe used at same time. 25. Collar and necktie on bird. 26. Fly-casting reel on bait-casting rod. 27. Cloth patches on waders. 28. Rod upside down. 29. Alligators as roots. 30. Cobra in mandolin. 31. Ribbon on mandolin. 32. *Post* heading on wrong side of magazine. 33. Snow scene. 34. Horizons different on two scenes. 35. Horns on mouse's head. 36. Animal head on turtle. 37. You're wrong; there are blue lobsters, although they are extremely unusual freaks of nature. I once saw one! 38. Tomato picture on plum can. 39. House slippers on skis. 40. Shells. 41. Dutchman's-breeches. 42. Lady's-slipper. 43. Buttercup. 44. Thimbleweed. 45. Bachelor-buttons. 46. Poison ivy. 47. Signature upside down. 48. Skis without backs. 49. Lead sinkers on line should be below floater. 50. Floater upside down. 51. Red should be at top of floater in right position.

—*Norman Rockwell*

April-Fool Cover, page 59

1. Two kinds of molding on cupboard. 2. North American Pileated Woodpecker head on crane's body. 3. Coffeepot spout upside down. 4. Barbed wire instead of clothesline. 5. Insigne on back of fireman's helmet. 6. Green and red lights reversed on ship's lantern. 7. Beast crouched on upper shelf. 8. Cup not hanging by handle. 9. Electric bulbs growing on plant. 10. Head of little girl on man's bust. 11. Rat's tail on chipmunk. 12. Penholder with pencil eraser. 13. Top of brass vase suspended. 14. Face in clock. 15. Candle where kerosene lamp should be. 16. Sampler dated 1216. 17. Winter seen through left window, summer through right. 18. Antique dealer's head on dolls. 19. Nine branches on traditional seven-branch candelabra. 20. Girl's hair in pigtail on one side, loose on other. 21. Titles on books vertical instead of horizontal. 22. Girl's sweater buttoned wrong way. 23. Mouthpiece on both ends of phone. 24. Phone not connected. 25. Goat's head, deer's antlers. 26. No shelf under books. 27. Lace cuff on man's shirt. 28. Five fingers and thumb on girl's hand. 29. Gun barrel in wrong place. 30. Saddle on animal. 31. Potted plant on lighted stove. 32. Girl's purse is a book. 33. Only half a strap on girl's purse. 34. Skunk in girl's arms. 35. Sea gull with crane's legs. 36. Stovepipe missing. 37. Mona Lisa has halo. 38. Mona Lisa facing wrong way. 39. Abraham Lincoln with General Grant's military coat. 40. Stove has April Fool on it. 41. Hoofs instead of feet on doll. 42. Little girl sitting on nothing. 43. Rogers group is combination of soldier from Our Hero and girl from "Blushing Bride." 44. Brass kettle has two spouts. 45. Spur on antique dealer's shoe. 46. Mouse and ground mole conferring. 47. Ground mole's tracks in wooden floor. 48. Dog's head on cat's body. 49. Raccoon's tail on cat's body. 50. Ball fringe standing straight up at angle. 51. Stove minus one leg. 52. Two kinds of floor. 53. Signature reversed. 54. Last name spelled wrong. 55. Flowers growing in floor. 56. Girl's socks don't match. 57. Girl's shoes don't match.

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Lysine Counters Fever Blisters

The herpes simplex virus—which causes cold sores—flourishes on arginine but does not grow on lysine. These products are a tasteful way to add more of the amino acid lysine to your diet.

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Replace your salt shaker with Crystalline Lysine. Reducing dietary salt by about half helps lower blood pressure in many people.
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Or replace your salt shaker with a combination of lysine, potassium chloride, and just enough sodium chloride to satisfy your palate.
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13¼-ounce bag
This cornmeal contains nearly twice as much lysine as regular cornmeal. Use this in all your favorite recipes that call for cornmeal.
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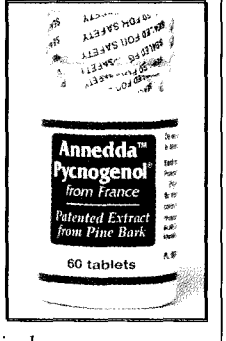

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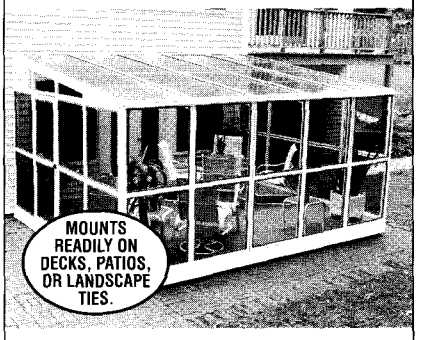

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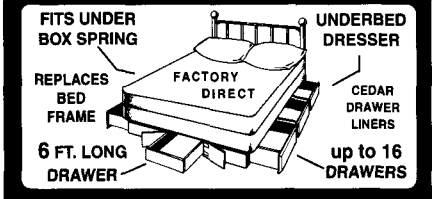

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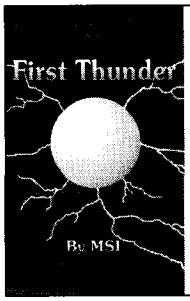

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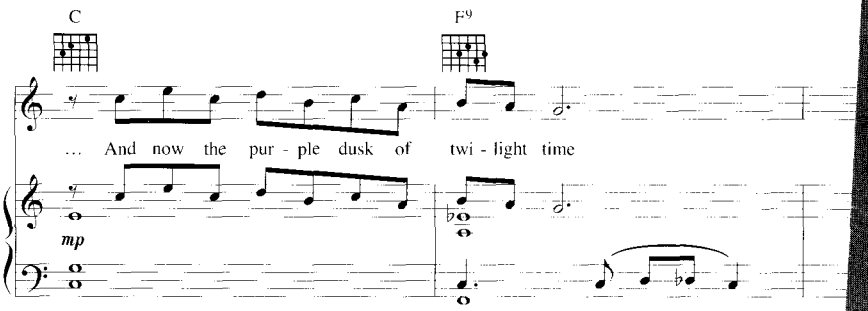

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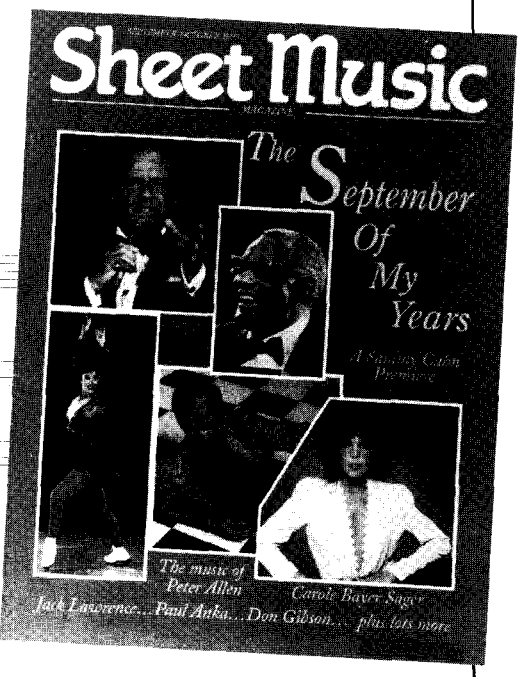
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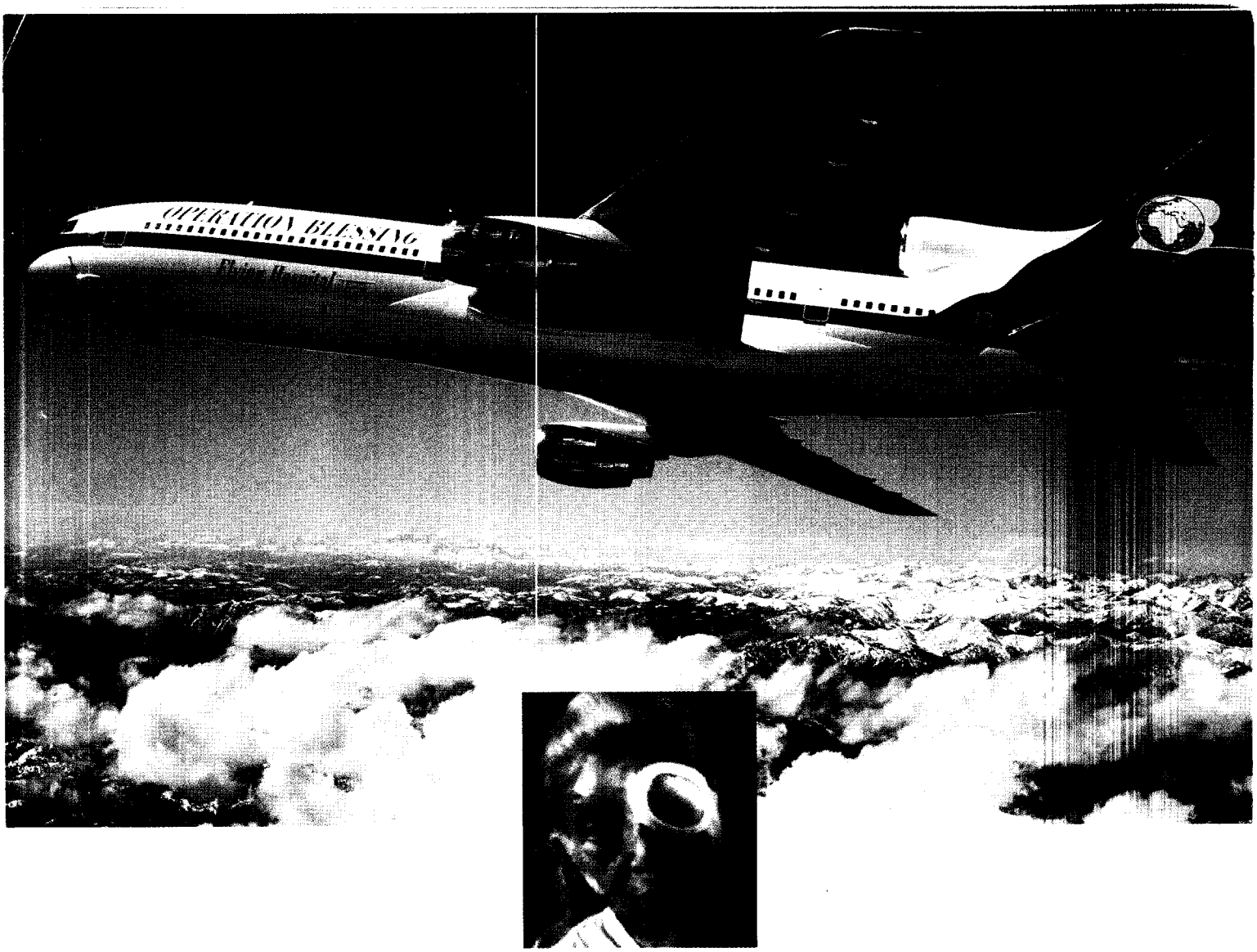

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